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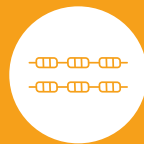
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Baltimore County Executive Johnny Olszewski and the Baltimore County Council

This Project has been financed in part with State funds from Maryland's 2020 Census Grant Program. Project content or opinions do not necessarily reflect the views or policies of the State of Maryland or any of its instrumentalities.



SEPTEMBER 2020



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Here's how to connect your kids in these disconnected times. **Pg. 16**

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## READERS' RESPONSES

We welcome your feedback — on specific articles, overall themes and anything else related to editorial content. Enter your comments on the Feedback tab of our website: [BaltimoresChild.com](http://BaltimoresChild.com).

*Please note we reserve the right to edit or refrain from publishing comments we deem inappropriate.*

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WE WANT  
**YOUR**  
FEEDBACK

# Baltimore's CHILD

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## Fall Fun? Yeah, Right.

I am going to tell you right now: I am that mother. The one who stands in the back-to-school section of Target and gets excited about the rows of notebooks. And pencils. The packages of tissue. And the binders.

Does anybody in my family need a new lunchbox? Backpack? Pair of jeans?

Over the years the expense and effort of sending two children into a brand new school year probably should have diminished the fun I find in these rituals. What can I say? I am from a family of educators, and I love the start of school.

Back when I knew what to expect, of course. Right now, I'd like to take a Sharpie and write "Who knows" in big letters across the calendar. Thank you, coronavirus pandemic.

We've written a lot about the ways that families are coping, how teachers are preparing and how parents work can from home while teaching from home, too. You can find all of this content on our website.

In this issue, we decided to share ways your family can get out and enjoy fall. Plus, we have our annual arts directory so you can discover what local organizations offer this season. We don't know if the upcoming months will look in any way like our typical fall. But you know what? We still need to have fun.

You will also find a story from our new staff writer Katie Beecher, who talked with local counselors about the social awkwardness our kids feel now that we are socially distant. This is something many parents have voiced on social media: If my child is not in a classroom or going on playdates, how will he or she know how to act around peers? Here are answers to that question and other worries.

Take care of yourself, parents. Take breaks and reach out to friends. You can even keep in touch with us. We'd love to hear from you and hope you are doing well! ■

*Jessica*



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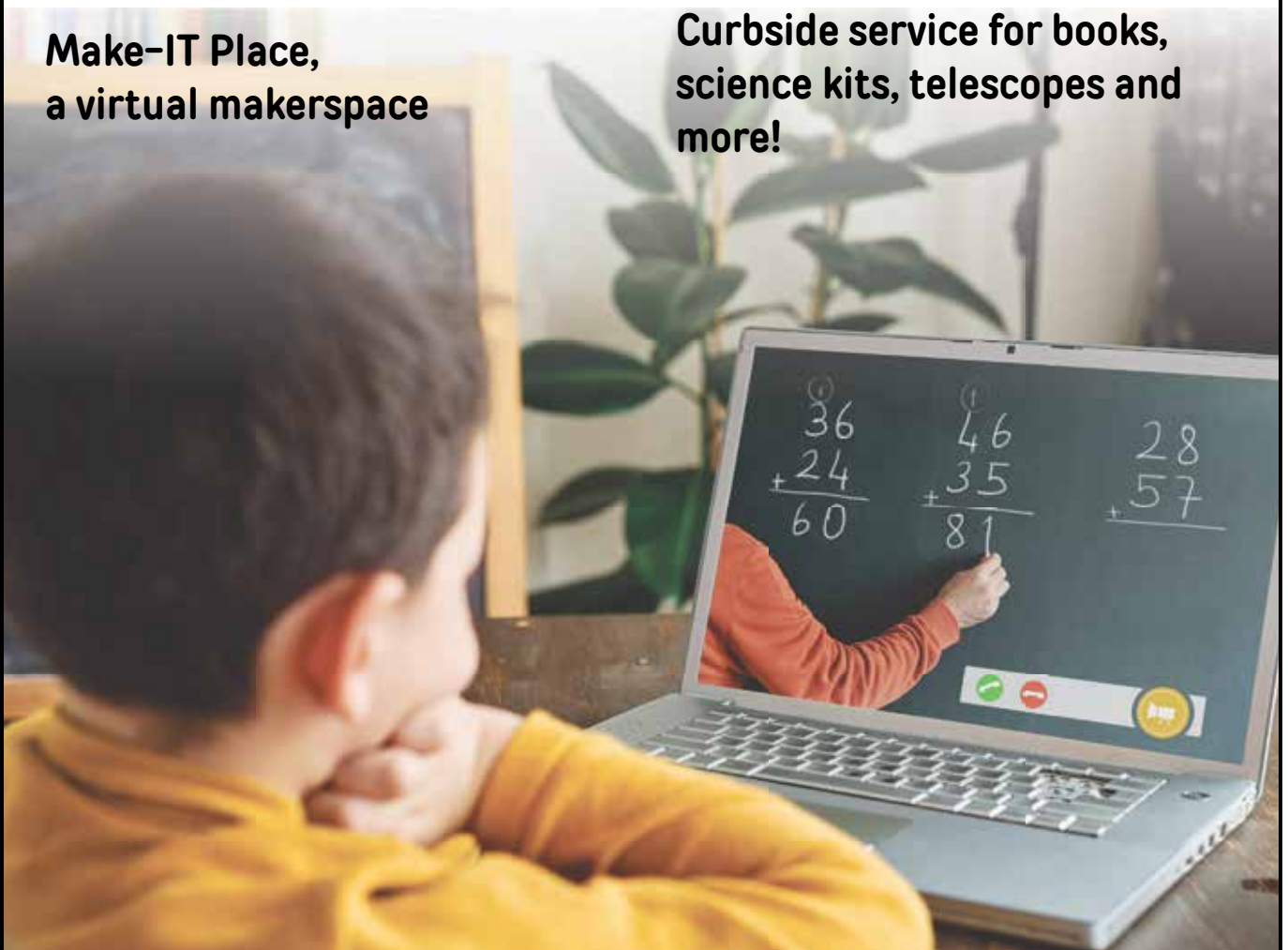
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# HERE'S WHAT WE'RE **LOVING** FOR **YOU** AND YOUR **FAMILY** THIS MONTH

BY PJ FEINSTEIN



## **MAGNA-TILES STRUCTURES BUS**

Who said math and creativity don't go together? On the reverse side of these graphic school bus tiles are numbers and symbols to help your little one hone their math skills. Beep beep! Ages 3+, \$55; createon.com.

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Adjusting to online learning will be challenging, but staying organized can help make the transition a little easier. Available in two sizes with a variety of covers and layouts, this customizable planner lets you keep track of your children's daily routines, assigned readings, projects and more. Starting at \$24; [plumpaper.com](http://plumpaper.com)

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BY GINA GALLUCCI-WHITE

# EMBRACE THE Season

## Yes, There Are Things We Can Do this Fall

*Taylor and Brandon Huffman* have wanted to host a sunflower festival at their Thurmont-based Winterbrook Farms for several years. Yet they were nervous because you've got to time the blooms just right. "We decided to go for it this year," Taylor Huffman says. "I personally love sunflowers and we thought it was another way to get the public out to the farm near our (annual) fall festival."

Planting more than 100,000 seeds across 4 acres, the Sunflower Festival will take place Sept 12-13 and 19-20 while their Fall Festival runs every weekend from Sept. 26 to Nov. 1. Both feature access to more than 25 activities including apple cannons, zip lines, jump pillow and a corn maze stretching more than 15 acres with trails totaling five miles. This year's maze theme is dedicated to Platoon 22, a nonprofit raising suicide awareness for military and first responders.

### Fresh Air & Experiences

They will also be hosting a private ticketed event, Sippin in the Sunflowers, from 6 to 8 p.m. Sept. 12. Partnering with Catocin Breeze Vineyards, guests may take pictures in the sunflower fields while listening to live music, receive a souvenir wine glass along with drinking your choice of red or white wine.

"I think the great thing about our farm is that there really is something for all ages including adults," Taylor Huffman says. "I think a lot of these (fall festivals),

people think are just for kids. But our corn maze is still the largest in Maryland and it is still pretty challenging to go out there and try to find all the check points. I think (guests) are really just going to have a good time and I think that is what everybody needs right now—a little happiness outside of their house."

The couple considered cancelling the festivals due to the ongoing COVID-19 pandemic but because their activities are outside and spaced out, they decided to proceed. They cut their hayrides because people could not social distance properly. Adding hand sanitizing stations, they also are spraying a solution that sanitizes each activity and regularly wiping down surfaces with heavy contact points. "(The festival) is something to look forward to honestly because it seems like everything else is cancelling," Taylor says.

### Festival season

Fall is usually one of the busiest seasons for events. Organizers and patrons enjoy the cooler temperatures, the fall foliage and getting in fun times before cold temperatures grasp hold of the region. This year, due to the pandemic, annual events have been cancelled or postponed to 2021.

Most event calendars for 2020 have been erased save for a few. As of late July, The Preakness at Pimlico Race Track will still be held on Oct. 3 though the InFieldFest has already been cancelled. Traditionally the second race in the Triple Crown, this year's event will be the final competition and could be run without fans in the audience. The Capital Challenge Horse Show is also still set to take place on Sept. 25 at the Prince George's Equestrian Center featuring competitions as well as exhibitors.

While events are scarce, there are plenty of things to do over the fall beside watching every show on Netflix and ordering too many items off Amazon. "We've seen a huge spike in outdoor recreation," says Matthew Scales, public relations specialist for the Maryland Department of Commerce Office of Tourism.

Highlighting Maryland's outdoor collection, Scales notes many have made their way to the many hiking and biking trails in the state including the Baltimore and Annapolis Trail, the Great Allegheny Passage, Patapsco Valley State Park and

the Chesapeake and Ohio Canal National Historical Park. Along the canal, families may stay overnight at several lock-houses along the path. "It is cool during the fall because of the foliage," he says.

## Road trip!

Many families are avoiding flying so road trips are quite popular, and the state offers 18 themed scenic byways including the Historic National Road from Baltimore to the Pennsylvania line, the Civil War themed Journey Through Hallowed Ground in Frederick County, Baltimore's Historic Charles Street and War of 1812-focused Star Spangled Banner running from Solomons to Charm City.

For those looking to take a drive, the annual Autumn Glory Festival in Oakland will be running from Oct. 7-11. Usually featuring antique and craft shows, band competitions, concerts and parades, the event has not yet announced if some of these activities will be postponed or restructured.

And for those wanting to get a true Maryland experience, October is officially Seafood Month. Visitors can meander along the state's Crab and Oyster Trail showcasing outstanding spots to get some of the freshest residents of the Chesapeake Bay. Though summer is usually a popular time to get blue crabs, Scales notes fall is actually the best time. "The crabs are so heavy in November," he says. "They have eaten a lot and built up (more) meat." Time to teach those kids how to wield a mallet!

## Fly zone

While families were under quarantine, birds were not and many have become intrigued by the visitors to their neighborhoods and region. Deb and Lou Taylor joined the Baltimore Bird Club after they both retired several years ago. They find the activity fun because they get fresh air in the outdoors and exercise. "You go to places you always meant to go to and go to places you never heard of before," Deb Taylor says. "You go home tired and dirty, but generally happy and usually able to say, 'Wow. That was a fun adventure.'"

Fall bird migration starts in August and runs through late October to early November. Breeds that are commonly spotted in the Baltimore area during migration include the winter wren, hermit thrush, purple finch and white crowned sparrow.

Some of the couple's favorite places to see common and rare birds include Oregon Ridge Park in Cockeysville, Baltimore's Lake Roland, North Point State Park in Edgemere and Hampton's Cromwell Valley Park.

Since the pandemic began, Deb Taylor has noticed more friends and family asking about bird watching. "Your excitement rubs off on other people," she says.

Adds Lou Taylor, "(Bird watching) is nice because it is something you can do by yourself. You can do with some friends. You can join the group or a

"(Through birding) you go to places you always meant to go to and go to places you never heard of before."

Deb Taylor

group. There are bird clubs in every county. It can be a group activity although now not so much. You can go anywhere and bird watch."

## 'Roughing' it

For those that still want to isolate but get away from their homes, glamping is a great option. There is no roughing it at Savage River Lodge. Surrounded by 700 acres of state forest lands in Frostburg, the getaway features two-story luxury cabins and large round tents known as yurts which are popular in the west coast region.

"We have been set up for social distancing since we opened in 1999," says Elizabeth Williams, marketing manager. "The yurts only accommodate two people so it is great for romantic getaways or just get out of town getaways, which is what we have been seeing a lot of this summer. It's just a blend between having your own space and privacy while not having to trek too far away."

But be prepared. There is cell service but no Wi-Fi or televisions. "It encourages people to unplug and disconnect from everything that is happening in the world on a normal time and especially now," Williams says.

With private accommodations including bathrooms with running water, guests don't have to share elevators, hallways and other common areas like a hotel. "It is definitely proving to be a really great best of both worlds location," she says. As of late July, their onsite dining and bar was only open to onsite guests for carry out only.

If adventure is calling, the property hosts 14 miles of trails for hiking. "That is definitely a big plus," Williams says. "There are recreation opportunities right out your front door." Reservations are quite popular in the fall with peak foliage ranging from late September to mid-October. "(There are) nice sunny days great for long hikes," Williams says. "Being in the woods when it is nice and crispy and seeing stars (is fun.) The weather is really conducive for outdoor recreation in the fall." ■

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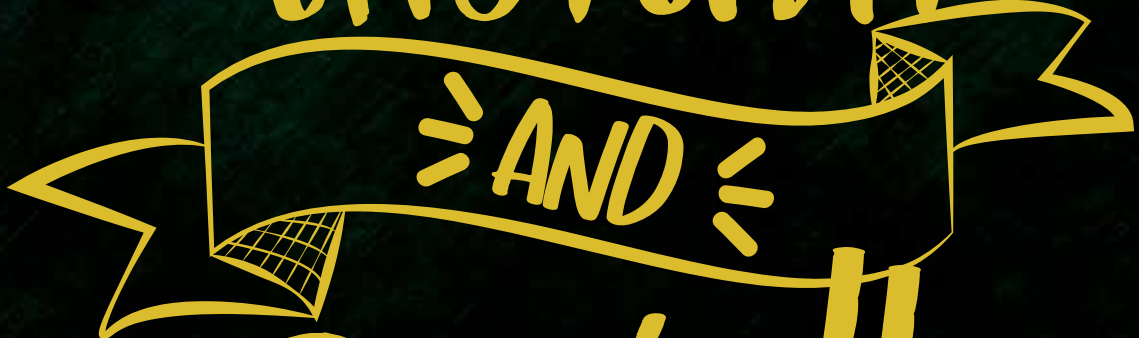
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Socially  
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Socially  
Awkward

BY KATIE BEECHER



**I**t's not very surprising that there's been an uptick in mental health issues after living in a state of isolation and uncertainty for so long. There's no guidebook for us to follow, and improvising when it comes to health and safety is not ideal. "We are already seeing the impact of the pandemic on individuals and families. Stress, anxiety, mood disorders and family conflict are all on the rise," says Dr. Alison L. Miller, a psychologist in Lutherville.

What's more, we're operating in a world where there are fewer social cues and, therefore, an inability to sense how we're being received.

## No cues

Kids and adults rely on facial expressions when interacting with another person, but masks reduce our ability to read those small cues. "Before, when we took walks and another person was coming close to us we might have smiled or nodded," says Sarah Fitzsimmons, a licensed therapist in Towson. "But with more than half of our face covered, it's harder to read people and that can make us more anxious."

What's important to remember during these times is that anxiety is not our enemy, it's our brain's way of alerting us to possible danger. "Some anxiety about COVID-19 is probably adaptive, as it will encourage us to follow public health guidelines and think about the choices we're making," Miller says. Anxiety only becomes an issue when it starts to consume us. For this reason, both Fitzsimmons and Miller encourage people to try separating feelings from facts.

"Ask yourself: Do I have a factual reason in this situation to be anxious? Am I going into a crowd of people, or am I feeling anxious just walking out to the mailbox? Do I need to be taking extra precautions right now?" Fitzsimmons says.

Even after the pandemic, the specialists agree that there will probably be an adjustment and healing process. Choosing not to socialize or to stay away from certain situations is perfectly OK. "It's important to give yourself a lot of patience and self-compassion," says Dr. Jon Hershfield, director of The OCD & Anxiety Center at Sheppard Pratt. "There's nothing wrong with you, we all need time to adjust."

That being said, it's vital to recognize that other people might not be at the same level of comfort you are. "As long as their behaviors are not putting you at risk, we must accept that friends and loved ones will not necessarily feel the same way that we do," Miller says. "Compassion and support are imperative to keep our relationships strong."


This requires better communication, both with loved ones, acquaintances and strangers. Though it may be awkward, Fitzsimmons says that we have to be willing to ask the uncomfortable questions. "We might have to ask people if they're comfortable with a certain amount of distance, or if they're OK with me taking my mask off," she says. "It's a great opportunity to practice having difficult conversations and making decisions."

And when it comes to social cues, it could be that we might have to adopt more outward, physical gestures. "In other cultures and parts of the world, people nod, bow or place their hand on their heart as a way of acknowledging someone else's presence without communicating too much," Hershfield says. "We may have to rely more on hand signals, like giving a thumbs up to let someone know it's OK."

## Dealing with Separation Anxiety


As a specialist in childhood anxiety disorders, Miller has also seen increasing levels of separation anxiety, which she believes could be linked to the lack of socialization opportunities that children have at the moment.

This can be especially detrimental to children once they return to school since they're not used to being away from their parents. That's why, if parents are seeing difficulties in separation, Miller suggests brainstorming ways for the child to practice separating in short increments. This could be going to a store or getting ice cream with a neighbor or relative, or going to another child's house to play. By doing this, the child can build their separation skills so that the transition period back to school is easier.



"It's important to give yourself a lot of patience and self-compassion. There's nothing wrong with you, we all need time to adjust."

Dr. Jon Hershfield, director of The OCD & Anxiety Center at Sheppard Pratt



It's important, too, for parents to reflect on their own anxiety when deciding what to allow their child to do.

"Ask yourself whether it's your fear being excessive or if you've properly assessed the situation and believe it isn't safe for your child," Hershfield says.

All three specialists agree that children, especially teenagers, shouldn't be kept completely isolated. "One of the primary developmental tasks of adolescence is to separate from parents, and that means identifying and spending much more time with other teens," Miller says. "Parents still get to make the rules, but it is imperative to consider your child's mental and physical health."

Talking to your child and brainstorming ways for them to safely socialize not only lets them be included in the conversation, but also helps to lower conflict.

Fitzsimmons also encourages parents to use the term "physical distancing" instead of "social distancing" when talking with their child. "We don't want to teach kids to be emotionally distant, we want to encourage them to have a physical space bubble but still show that it's important to have social connections."

“People feel comfortable with different levels of risk, and this is a wonderful opportunity for parents to model an acceptance and respect of differing opinions and choices.”

Dr. Alison L. Miller, a psychologist in Lutherville

to help their children through this difficult time. The fear and uncertainty surrounding the pandemic combined with isolation and quarantine can have a strong impact on a child's mental health. Both Dr. Miller and Fitzsimmons have seen an uptick in depression and anxiety in kids, which is why it's imperative for parents to monitor their children's moods as best as they can.

Validate and empathize with their emotions, Miller says. One trick is to replace the word "but" with "and," Miller says. "Instead of, 'I know you're feeling scared but it's pretty safe to go swimming in a friend's pool,' try 'I know you're feeling scared. That makes sense with all of the scary things we've heard for the past few months. It's ok to feel scared AND to do things in a safe way,'" she says. "We can swim at your friend's house and keep a good distance from them. Even if you're feeling nervous about it, it's something I've researched and feel that it's safe to do."

Finally, take baby steps. Don't expect your child to go from 0 to 60. Ease back into social situations one step at a time with masks, outside play, socially distanced play, socializing in small numbers and for short amounts of time. ■

## Navigating Playdates

Both Fitzsimmons and Miller say that the best way to feel comfortable about sending your child on playdates is to find families whose pandemic protocols best match yours. This means communicating with parents of your child's friends and asking tough, straightforward questions.

"People feel comfortable with different levels of risk, and this is a wonderful opportunity for parents to model an acceptance and respect of differing opinions and choices," Miller says.

Due to their own confusion and lack of knowledge, parents may be struggling to figure out the best ways



## Getting Social

It's important for children to socially interact with friends and family, and FaceTime and Zoom are perfect ways to do that. But it can be difficult for children to stay interested in these types of interaction because they're all about conversation. We've put together a list of socially distant social activities recommended by our three specialists:

- Write letters to friends and family
- Video games that allow children to play together and talk with each other, such as Madden, FIFA, Minecraft, Roblox and Fortnite
- Virtual board games, which can be found at [playingcards.io](http://playingcards.io) or [unofreak.com](http://unofreak.com)
- Use screen share on Zoom to watch videos together, find a fun game website or use the whiteboard feature
- Use Facetime or Zoom to play with dolls or dress up, do arts and crafts, or create YouTube or Tik Tok videos
- Sign up for a virtual camp or class
- Hike
- Ride bikes
- Swim
- Make a bonfire in the backyard
- Create a treasure hunt around the neighborhood

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# Let's Do Lunch!

## Easy recipes to feed learn-from-home kids

Need some fresh ideas for your homeschooling crew. These recipes come to us courtesy of Nourish Culinary Co. in Washington, D.C. You can find out more about them on Instagram at @nourishculinary or on their website at nourishculinary.com.



### Grilled Cheese & J

Is it grilled cheese? Yes. Is it Peanut butter and Jelly? Sort of. We take a page out of our Eastern European roots book here and combine salty and sweet for the perfect Grilled Cheese...and J.

Serves 2

#### Ingredients

2 tablespoons of unsalted butter  
4 slices of whatever bread you have around  
4 slices of your favorite cheese (we love Havarti here, but try cheddar, Muenster or even brie)  
2 tablespoons of apricot preserves

#### Directions

1. Heat a large skillet or griddle over medium-high heat and melt butter until it foams. Place four pieces of bread into the butter.
2. Spread the jam on each of two pieces of bread, then top with the cheese.
3. Turn two of the slices of bread onto the pieces with the jam and cheese to form closed sandwiches.
4. Slice into triangles or rectangles or whatever shape your family likes.



### Brunch Burrito

Eggs are one of our favorite proteins to get in every day. On the days when breakfast is oatmeal, cereal or a bagel, we like to squeeze the eggs into lunchtime.

Serves 2

#### Ingredients

2 tablespoons of unsalted butter  
4 eggs  
1 large handful of spinach  
¼-½ cup shredded cheddar cheese  
2 large or extra large whole grain tortillas  
¼ cup mild salsa (optional)  
½ ripe avocado  
Sour cream (optional)

#### Directions

1. Heat a medium skillet over medium heat and melt butter until it foams. While the butter is melting, scramble the eggs.
2. Add the handful of spinach to the pan and stir until it begins to wilt.
3. Add the scrambled eggs and stir with a rubber spatula until the eggs begin to set. Flip to other side and turn off your heat. Sprinkle desired amount of cheese onto hot eggs and allow to melt.
4. Remove the eggs to a cutting board and divide into two portions.
5. Wipe out the pan and warm each of the tortillas until pliable.
6. Spread half of the salsa and half of the avocado in the center of each tortilla. Top with hot eggs.
7. Fold the bottom of the tortilla up over the eggs. Fold the sides over and then roll upward to seal the filling inside.
8. Wipe out the pan once more and place the burrito, seam side down over medium heat for one to two minutes to crisp the outside. Flip to the other side for an additional minute.
9. Slice in half on the diagonal and serve with sour cream.

### Refrigerator Stew Soup

Every now and then, we look in our fridge and realize there are some things that we should use up. Our favorite way to do this is with a delicious free-for-all vegetable soup that only requires a couple of pantry staples and then a whole bunch of whatever you have lying around. Make this one ahead and warm it up whenever you (or they) are ready to eat. We like to make a double batch and freeze half.

Serves 4

#### Ingredients

3 tablespoons extra virgin olive oil, divided  
1 onion, chopped  
1 stalk of celery, chopped  
1 carrot, peeled and chopped  
2 cloves of garlic, chopped  
2 cups mixed chopped vegetables (here is where we like to use up the half of a red pepper, of a zucchini and 4 random un-eaten green beans, but feel free to use frozen mixed vegetables as well)  
1 14-ounce can chopped tomatoes  
1 teaspoon dried oregano  
Leftover parmesan rind (optional)  
Kosher salt, freshly ground black pepper to taste  
1 cup cooked grain of choice (Brown rice, farro, barley, orzo, quinoa all work great here. Got something else? Toss it in.)  
1 quart low sodium chicken or vegetable broth

#### Directions

1. In a large pot, heat 2 tablespoons of the olive oil over medium heat until it just begins to shimmer.
2. Sauté the onion, celery and carrot for three minutes over medium heat. Add the garlic and sauté an additional minute.
3. Add the remaining ingredients, except for the cooked grains
4. Bring to a boil, reduce to a simmer. Cover and cook for 20 minutes. Uncover, cook for an additional two minutes and remove parmesan rind if using.
5. Add cooked grains. Stir to incorporate and heat through.
6. Drizzle with remaining tablespoon of olive oil and serve. ■

# How to Make Vanilla Latte Soap

BY LINDSAY PONTA

Are you three cups of coffee deep in online learning or homeschooling and finding that your morning cup of wake-me-up isn't cutting it anymore? Get a double dose of java with this yummy-smelling vanilla latte soap. You won't believe how simple it is to make a big batch of bars.

Since this recipe uses microwavable soap as its base, you don't need a bunch of specialized soap-making ingredients or tools. In fact, if you're not a fan of added fragrance, you can skip the oils and make this with just two simple ingredients.

A generous scoop of real coffee gives this self-care concoction the extra oomph to lightly exfoliate tired skin and a pretty, light brown cafe latte color.

*Pro tip: Get a head-start on holiday gifts or put together a teacher pick-me-up care package by making a few extra bars and packaging them up with a pretty coffee mug!*

## Supplies

You can find these supplies at your local craft store, or on Amazon or any other soap-making website, such as Bramble Berry or Bulk Apothecary.

- 1 pound melt and pour suspension shea butter soap base\*
- Coffee fragrance oil
- Vanilla fragrance oil
- 7 tablespoons ground coffee
- Silicone soap bar mold
- Small spray bottle of rubbing alcohol

(\*I don't recommend any clear soap base for this recipe, but you can use any creamy melt and pour soap base. Just keep in mind that if you use anything besides a suspension formulation, the ground coffee will sink to the bottom instead of staying mixed throughout the bars of soap. It can yield a neat layered effect, so it's certainly worth a try if you already have some regular melt and pour base on hand.)

## Instructions

**1.** Chop your soap base into small cubes using a sharp knife or soap-cutting blade. For even melting, make sure the pieces aren't larger than an inch. Most melt and pour soap bases will have sections already scored like a chocolate bar for easy cutting. Feel free to use those lines as guides for cutting.



**2.** Dump the soap cubes into a microwave-safe bowl. Microwave for 45 seconds on high. Stir, and continue melting in 20-second intervals, stirring between, until melted completely. Once your soap is melted, you need to work fairly quickly as it thickens as it cools.



**3.** Add five drops of each fragrance oil and stir. Give the mixture a sniff test to see if you're happy with how it smells. If it's not strong enough, add more fragrance oil, a few drops at a time. Stir each time. Keep in mind that the smell will be a little bit weaker when the soap has cooled and hardened.

**4.** If the mixture is getting thick and difficult to stir, microwave again in 20-second intervals.

**5.** Sprinkle the ground coffee all over the surface of the soap, and quickly mix it in.



**6.** Carefully pour the mixture into your soap mold. If you're using a flexible silicone soap mold, it's helpful to place the mold onto a baking sheet or dish before pouring. Tap the mold or baking sheet firmly against your countertop a few times to bring bubbles to the surface of the soap.

**7.** Spritz the surface of the soap lightly with rubbing alcohol to pop any bubbles. This step isn't critical if you don't have a spray bottle or rubbing alcohol. But it yields a more polished finished product.

**8.** Set aside any melted but unused soap. You can melt it again in the microwave one your mold is empty again.

**9.** Let the soap set at room temperature for at least two hours. You can pop the whole mold into the refrigerator for faster cooling if you're in a hurry or want to free up your mold for the next batch.

**10.** Gently pull the mold away from the soap to pop the bars out.



**11.** Store your homemade soap in a cool, dry place—preferably in an airtight container.

Feel free to get creative with this project by making different shapes. You could use silicone cupcake molds or even small silicone chocolate and candy molds to make mini soaps to stash in your purse or take on camping trips. ■



# BACK TO SCHOOL

# OK, Kitchen

## A Survival Guide for Parents of Kids with Special Needs

BY ERICA RIMLINGER

### Teaching kids

with special needs is not just a vocation. It is a specialized skill, and for some, even a calling. After COVID-19 shuttered schools this spring, parents of kids with special needs found themselves, overnight, forced to assume the role of special educator, all while parenting, quarantining and, in some cases, simultaneously performing other jobs.

Now, with public schools in the Baltimore area announcing a virtual start this fall, parents face this news with hard-won insight into the strategy, energy, time and skill required to help kids learn.

Speaking for myself, I can only say (with a hint of desperation creeping into my voice), “I am not equal to the task.” Or, as I have read on social media in countless posts in countless variations, “HELP! I can’t do this again!”

*Baltimore’s Child* consulted the experts to find answers, and hopefully, a bit of reassurance as well. Parents of kids with special needs have the following tools going back to the kitchen table this fall.

### Your Child’s Rights

Education attorney Alexandra Rosenblatt, whose second-grade daughter has Down syndrome, wants to remind parents that a child

has the same educational rights at the kitchen table as they do in the school building.

“While almost all children struggle with virtual learning, the struggle for children with disabilities is significantly greater,” Rosenblatt says. “Schools still need to follow the IEP, monitor progress and hold IEP team meetings” just like before. “I see a lot of parents hesitant to request more support, services and modifications to meet their child’s needs. Some parents worry about being a ‘problem parent.’ Some parents simply don’t know they have the right to ask for more support and services.”

What happened when schools closed in the spring, “isn’t going to cut it” this fall, Rosenblatt says. She advises parents take time to “identify what didn’t work.” For example, “If the recorded videos did not work for your child, then advocate for more live instruction. If whole class or small group virtual learning didn’t work for your child, then advocate for more one-to-one instruction. If the work presented was not modified the way it should have been, ensure the school is modifying the workload and worksheets based on how your child learns best.”

Schools must, Rosenblatt emphasizes, “follow what is in the IEP. If you don’t agree

with what’s in the IEP, schools have to hold an IEP meeting.”

### Your IEP

What’s in the IEP anyway? Annie McLaughlin, a board-certified behavior analyst and parent, advises parents to find out—in great detail. “Spend time reviewing your child’s IEP and try to understand what your child knows and doesn’t know,” she says.

McLaughlin, who works with parents to translate and construct better IEPs, encourages parents to ask educators questions such as, “What are these goals based on? How did you choose that number? How are you measuring progress? What supports are used in the classroom? Can I make that happen at home? How?”

McLaughlin also encourages parents to seek definitions for terms that would be unfamiliar to a layperson, such as “grade-level phonics.” “Go to the common core website. Email teachers,” McLaughlin says. “Get examples. Ask the teacher, ‘Can you take a video of yourself doing that skill?’ Ask them to train you.”

Rosenblatt agrees parents should be as informed as they can and keep detailed records. “Keep an electronic or physical COVID notebook,” she advises. “Make notes each day



about how successful learning was, whether the work and instruction were appropriate for your child, what behavioral and academic challenges your child experienced that day, and your own observations about what skills your child is losing or gaining. Children will be entitled to compensatory or make-up services. Keeping your own data on what didn't work and why will help get that compensation down the road."

If you "know in your gut" your child is falling behind, having that "data piece is so important, so you can show what's happening," she says. And parents don't have to go in to IEP meetings alone. "If parents who don't know how to articulate or find what data they need to support what they're asking, that's where advocates and lawyers can help." Don't assume if you're not getting something, that it can't be done, she says. "If it's doable in one district, it's doable in another."

## Your Team

Shawn Gardiner teaches pre-K for 3 year olds in an inclusion classroom at the William S. Baer School. (Inclusion means typically developing children are included in a class with kids who have disabilities.) Gardiner says spring was

challenging for kids in her class' age group. "We spend so much of [class] working on social skills and hands-on play. Trying to work this into the virtual format is really challenging," she says.

As a caregiver, enlist your child's educational team for support, she says. Teachers are trained to do the heavy lifting academically. "For young children, try not to worry about scheduling time to do 'academic work.' Use the virtual sessions to see what your class is working on, and so your child can connect with their peers. When offline, schedule time for screen-free play together where you talk to your child," Gardiner advises.

Rosenblatt concurs that parents shouldn't expect to teach, but play a supporting role. "Children with learning differences and deficits need a lot more specialized instruction that parents simply cannot provide and should not be expected to provide," Rosenblatt says. "I strongly urge schools and parents to add services and supports into the distance-learning plans to address caregiver training and support. If caregivers cannot be available to help with the instruction, the school needs to address this in the distance learning plans."

McLaughlin says, "As much as possible, parents should familiarize themselves with the

technology tools that the school will be using. If you need training on how to use the technology, ask for that through the special educator or the IEP process."

More than anything, speak up if you need help. "Communication is key," McLaughlin says. "Let the special educators know what is working for your child and what isn't working. The special educator should be able to look at the individual learning characteristics of your child to recommend supports that can help. Even if they don't know what the answer is, raise the question."

Teachers want parents to approach them with questions and concerns, Gardiner says. She encourages parents to speak out and ask everything. "Don't hold back. I feel like some issues took longer to fix because parents didn't want to trouble me by asking when they came up," she says. "Ask as soon as you have an issue! It's my job."

Gardiner acknowledges her parents' pain, saying, "This is hard. I'm a teacher and mother of a 4 year old and I'm still figuring out what works. Teachers are so willing to be flexible, and we understand how stressful the situation is. We can work with you as long as you let us know what you need." ■



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# Returning to the Pediatrician

## Here's what parents need to know before the visit

BY JESSICA GREGG

**D**r. Rebecca Carter, a pediatrician with University of Maryland Medical Center, recently offered this uplifting tidbit from her work: Babies as it turns out can tell when a masked doctor or nurse is smiling at them. And, she says, they smile back.

“We are amazed at how well they comprehend the smiles behind the masks,” Carter admits.

It's good news to ease the worries of parents, many of whom have not been to the doctor since the coronavirus pandemic changed everything in our world from school to work to health care. Now it's time for their child to get annual vaccinations or a routine checkup. And these same parents want to know: What can they expect at the pediatrician's office?

### A pre-visit call

“We are absolutely seeing people coming back now, so it's essential to get on the schedule,” Carter says.

When setting up an appointment for your child, staff will ask about any exposure to or symptoms of COVID-19, she says. A telehealth call may be set up between the doctor and parents concerned about a child's symptoms. Kids with symptoms then could be sent to a designated test site to be screened.

No symptoms? An appointment will be made at the office.

Staff then will share new protocol: Patients over the age of 2 and their caregivers can expect to wear masks. Socially distancing also will be observed. Finally, families may need to arrive early or at the exact appointment time, depending on the practice's protocol, Carter says.

### At the appointment

Families may be asked to wait in their car until they are called into the office to avoid

crowding the waiting room. Once in the office, patients will again be screened for COVID-19 symptoms and a nurse will take their temperature.

After screening, patients could be sent to a waiting room or immediately put into an examining room. Either way, because of the screening and social distancing, “it's probably reasonable to expect just a little more time for an appointment,” Carter says.

### Same doctor, new look

Kids should know that not much has changed about their doctor, except that he or she may be dressed a little differently. Physicians and nurses will be wearing masks and goggles or protective glasses, Carter says. At some practices, they may also wear protective gowns.

“We may look a little different coming in,” Carter says, but this is a “great opportunity for kids to understand the value of masks.”

### Business as usual

The extra safety protocols should reassure patients with ongoing medical issues that it is safe to return to their doctor's office, she says. At the same time, telehealth has flourished; parents who need to refill a child's medicine, for example, could accomplish that through a video visit with the child's pediatrician.

And there are no delays for routine blood tests or other screenings, she says.

Additionally, all patients, whether high risk or not, should consider getting a flu shot this year because of COVID-19, she says. Both the flu and COVID-19 have similar symptoms, and there is no reason for families to “complicate their fall” with a non-COVID virus, she says. Similarly, parents should keep up with their child's vaccine schedule to stop “something that we could have prevented,” she says.

# Kids+Masks



**R**eturning to the doctor means wearing a mask. Of course, both kids and adults have been wearing masks for months. But it's a good time to check in with our children about them, says Shannon Joslin, a certified child life specialist with the University of Maryland Children's Hospital.

"How are they are feeling wearing a mask?" Joslin asks. While these facial coverings have become our new normal, "there is nothing normal about this," she says. And they can prompt a variety of feelings.

For some kids these new requirements are hard, and it's important for parents to acknowledge that "it stinks."

"Parents can agree that we don't have to be happy with what's going on now," Joslin says. "But we still have to comply and be safe."

## Why we wear them

First, parents should make sure that kids understand why everyone is wearing a mask, Joslin says. Undoubtedly, they see others around them in masks and older children readily comprehend why. But younger children may need to hear again that masks protect both ourselves and the people around us.

Kids also need to understand "it's a rule now," she says. Parents can talk about the places where masks are required, such as at the pool, she says. And they can talk about how kids will participate in their regular activities with a mask. If a mask is required for a child's soccer practice, for example, have him or her practice taking some shots in the backyard while wearing a mask.

Next, kids need to know how to wear a mask correctly so that it covers both mouth and nose. Have children try out different masks at home to find the ones that are most comfortable, she says. Some masks are better outdoors, kids may find; some are better in hotter weather.

## How to pick one

Most kids prefer masks with elastic ear loops rather than ties.

**"Parents can agree that we don't have to be happy with what's going on now. But we still have to comply and be safe."**

However, some kids find the elastic loops uncomfortable after a period of time. In that case, Joslin has this pro tip: Sew buttons on a cloth headband that your child can wear. Then attach the elastic loops around those buttons rather than your child's ears.

The fun, no-sew pro tip: The red plastic monkeys from the timeless kids' game Barrel of Monkeys also can be used to hold the elastic loops of a mask in place behind the head.

Masks should be washed each day after school, so most kids need to have at least two to three masks. Luckily, many retailers, such as Old Navy and Target, offer packs of inexpensive masks. Crayola recently created a back-to-school mask set with funny faces and vivid colors; there are superhero masks, too. Kids can feel ownership by choosing their masks and helping to clean them every day, Joslin says.

"These are simple ways to normalize the experience," she says.

## Final tips

Masks can be either hand or machine washed in hot water, and then hung up to dry, she says.

Another tip: Identify places where it's safe for kids to be without a mask, so they know to look for those places and times when they need a break, Joslin says.

Finally, Joslin says, parents should know they are not alone in any of this. "Every parent is doing the best they can," she says. They are stressed; their kids could be stressed, too. Keep talking, she says. "You can say, 'this is really hard. I can use a hug right now. How about you?'" ■



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# Playing it Safe

## Youth sports in the COVID-19 climate

BY COURTNEY MCGEE

**D**uring this pandemic, so many cherished routines have been sacrificed, and the loss of sports is one that really stings for lots of kids. Not only do sports provide a way to stay fit and have fun, but they are also sources of socialization and confidence. And, of course, they are outlets for stress relief for kids who are feeling isolated and fearful in today's world.

Some of us were able to keep our kids busy in the spring and summer with outdoor activities. Camps were operational with added precautions, and a number of sports teams were thankful to continue some degree of practice time (with or without the ability to compete in matchups). As the weather cools and many sports move indoors, there will be added challenges for organizers, parents and young athletes.

So, we wonder: Will kids be able to stay involved and active, and avoid deconditioning as they await return to the games they love? I checked in with three local experts to see where they stand on the subject of youth sports during these precarious months.

### Kids need to play

Alex Jacobs, owner of Coppermine Fieldhouse, runs their facilities in Baltimore city, Baltimore County and Carroll County, and oversaw servicing of more than 4,000 sports campers this summer, with abundant protocols including temperature checks, sanitizing stations and controlled drop-off and pickup areas. Masks were mandated in public spaces, but camps were exempted.

Jacobs looked at risks for coronavirus in youth under age 19, and felt confident his crews could manage participants and regulate the environment.

"Coppermine is a private entity, with customers. Everyone who enters the facility has been sent protocols in advance," he says. "If they want to participate, they will follow protocols. If people understand the

amount of caution being put into operations, they will see that it is probably safer to do these organized activities than it is to go to a store or other public places."

"Kids need to play sports," Jacobs says. "Parents need this help, too. It's exhausting, physically and mentally to try, not just to do all the things grownups need to do, but also to manage keeping a child active and involved."

Parents understand the risk, and the parental feedback collected by Coppermine was overwhelmingly positive, with about 90 percent of parents being all-in, and the other 10 percent feeling extra cautious, he says. The kids who have stopped playing out of caution will not be left behind when things start to normalize again, he believes. Others may use this break as a time to reevaluate whether their sport is still important to them. If they aren't missing their sport, this can be a great time to discover new interests.

Whatever pastime they choose, however, "becoming dormant is not an option," he says. "If you want to stay healthy, you have to be active. Staying on lockdown and avoiding sports and exercise denies you of building immunity. You miss out on mental health benefits, endorphins and interaction with other kids. Zoom and FaceTime are OK substitutes, but not a long-term solution."

And while exercise can be done anywhere, he points out that team dynamics bring additional benefits.

"Being part of a team, that collective effort, the relationships, resolving conflict...kids get life lessons through sports," Jacobs says.

And young athletes miss the role-model presence of coaches when their sport is sidelined. "Coaches are important mentors for kids, supporting them, pushing them to challenge themselves, giving positive reinforcement, giving opportunities for leadership and confidence," he says.

As colder weather drives sports indoors, COVID-19 precautions will pose more of a

challenge. Jacobs says that with basketball, for example, they will operate fewer courts and might maybe not have spectators. They will keep sanitizing and safety protocols strict, and do whatever they can to keep operating safely.

### Kids need to move

Dave Miele, co-owner and director of operations at BEAST Baseball, agrees wholeheartedly that kids should keep playing sports during the pandemic.

“Young athletes must stay active and fit to promote growth in their sport-specific skills, as well as their physical and mental fortitude,” he says. “I believe they can practice any sport they choose, as long as they are following guidelines from state and local officials.”

Parents need to make educated decisions about allowing their athletes to participate or not, he says. And common sense must prevail: If a parent or an athlete has been sick or near someone who is sick, then they simply must stay home.

Most schools have already cancelled fall and winter sports, but athletes can still find ways to practice and even compete if they desire.

“Club and travel-level organizations around the area have plenty of opportunities available for athletes to stay in their game with the absence of school-organized competition,” Miele says. “Gyms are now reopening at limited capacity, too, which gives another option for older athletes to get training. If you’re not comfortable with team organized sports during this time, there are other options for keeping kids moving. Try some type of recreational activity, like running, bike riding, swimming, hiking, kayaking or canoeing, just to name a few.”

### Kids need other kids

For those who crave team interaction during the pandemic, there are ways to play safely, says Dr. Robin Motter-Mast, chief of staff and medical director of care transformation

at Greater Baltimore Medical Center.

“Youth sports can still be safe, and physical activity is absolutely necessary to support a child’s healthy growth and development,” she says.

When evaluating activities for their child, parents should consider the amount of risk the activity will incur, if your child or someone in your family is at an increased health risk, if the program promote behaviors that reduce possible virus spread, and if it maintains a safe environment.

“Expect all activities, inside or outside, to look a little different,” she says.

In Motter-Mast’s opinion, contact sports such as wrestling, football, basketball and lacrosse are the most dangerous for COVID-19 transmission. Tennis, cross country, golf and gymnastics are the least dangerous.

Parents should be compassionate and resourceful to keep their child active and connected with friends and teammates, she says.

“If you or your child is fearful about participation, there are virtual gym classes and personal coaching widely available online, as well online games that encourage movement and provide competition for engagement,” she says.

Youth sports are more than child’s play—they can profoundly affect mental and physical wellbeing, too.

“For children and youth, closures of schools and parks, cancellations of organized sports and recreational activities, and increased accessibility to and time spent on screens may negatively impact their physical activity, leading to a more sedentary lifestyle,” Motter-Mast says. “This may trigger declines in mood and sleep behaviors, and can lead to a further increase in childhood obesity. While sedentary behavior certainly has no effect on the immunity, exercising in moderation is associated with improved immune competency and a reduced risk of illness.

“The bottom line,” she says, “is to keep moving!” ■

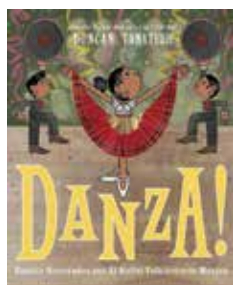
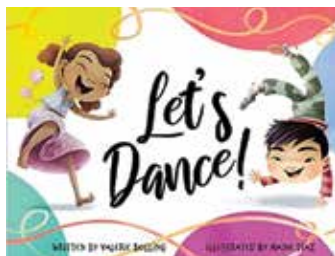
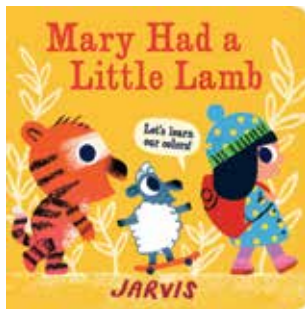
### What’s Risky? What’s Not?

Dr. Motter-Mast provides these guidelines for evaluating activities.

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members
- **Increasing Risk:** Team-based practice
- **More Risk:** Within-team competition
- **Even More Risk:** Competition between teams from the same local geographic area
- **Highest Risk:** Competition between teams from different geographic areas

### Factors for assessing risk of group play:

- Physical closeness of players and the length of time that players are close to each other or to staff
- Amount of necessary touching of shared equipment, such as protective gear, balls, bats, racquets, mats or water bottles
- Ability to engage in social distancing while not actively playing, such as during practice, on the sideline or in a dugout
- Age of the player
- A player’s medical health and any pre-existing medical conditions
- Size of the team—more players equal greater risk
- Non-essential visitors, such as spectators or volunteers
- Travel outside the community—teams should consider competing only against teams in their local area



# Step This Way

## 10 Titles for Dance Geeks, Theater Nerds and, Well, Everyone

BY CONSTANCE L. STRITTMATTER/BALTIMORE COUNTY PUBLIC LIBRARY COLLECTION DEVELOPMENT STAFF

These stories of friendships, challenges and the performing life should take center stage on your child's reading list.

### BOARD/TODDLER

#### "Mary Had A Little Lamb"

by Jarvis

What better way to extend this familiar nursery rhyme than to learn colors with the help of Mary and her animal friends. Mary and Lamb are on their way to the park for a picnic as they are joined, one by one, by animal friends from a dancing pink hippo to a tiny purple mouse. The simple lines of the background and the vividly colored animals will help little ones to focus on the action in this simple concept book for toddlers.

#### "Play"

by Elizabeth Verdick and Marjorie Lisovskis

Your little one will be drawn in by the faces in the black and white photos of babies as they clap, wiggle and peek-a-boo their way through this board book for caregiver and child. Every day, in every way, play is central to a child's learning; this book is an example of that as one in the Happy Healthy Baby board book series that covers early infant development milestones.

### PICTURE BOOKS

#### "Saturday"

by Oge Mora

Spending time together is what's important in this book from award-winning author, illustrator Oge Mora. Ava and her mother have great plans for their day together including a special, one-day-only puppet show. But things don't go as planned. The pair need to take a deep breath and remind each other that today will be special, today

will be splendid, today will be Saturday. The story offers a great lesson on how to handle life's stresses. Glorious collage pictures from colored paper and bits of old books make this a wonderful book to read together and pass down to the next generation.

#### "Let's Dance!"

by Valerie Bolling, Illustrated by Maine Diaz

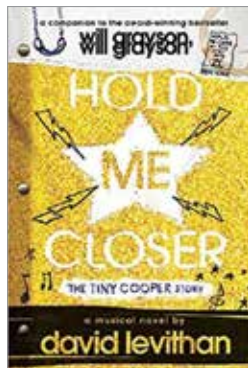
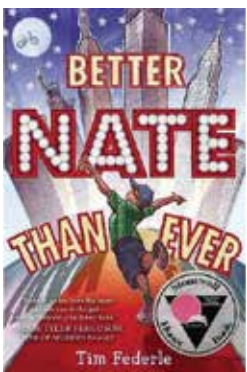
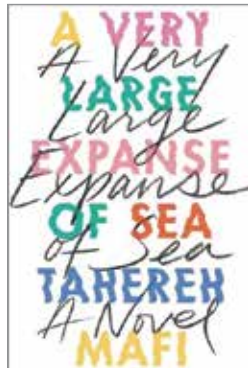
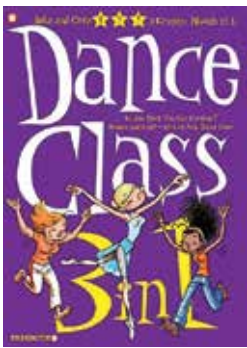
Children of all shapes, sizes, nationalities and abilities dance their way around the globe in this wonderful book about the joy of dance. Clean, bright illustrations show the detailed costumes, instruments and surroundings. Families will want to break-dance with the b-boys and b-girls, dance the flamenco from Spain, join the Kuku dancers from West Africa, as well as cha-cha, disco and more. This is good introduction to the world of music and dance.

### YOUNG READERS

#### "Danza! Amalia Hernandez and El Ballet Folklórico de Mexico"

by Duncan Tonatiuh

This books celebrates the life and art of choreographer Amalia Hernandez who honored the regional culture and traditions of Mexico through dance. The reader follows Amalia from a young child when she was inspired by folk dancers in a square. She then studies ballet and modern dance and eventually founds her own world-renowned dance company El Ballet Folklórico. Families will enjoy the unique illustration from Duncan Tonatiuh, which combines digital collage with figures and layout inspired by the ancient art of the Mixtecs.



### “Dance Class: 3 in 1”

by Beka, illustrated by Crip  
Join Julie, Lucy and Alia as they manage their way through rivalries, crushes, hard work, rehearsals and friendship in this graphic novel series. These besties learn and grow together as they share their love of all forms of dance. This book includes the first three titles in the Dance Class series originally published in France, “So You Think You Can Dance,” “Romeos & Juliet,” and “African Folk Dance Fever.” Middle grade readers ages 8 and up will relate to the drama, humor and passion of dance class.

### MIDDLE READERS

#### “Better Nate than Ever”

by Tim Federle  
Nate wants nothing more than to star in a big Broadway show. Given that he’s stuck in Jankburg, Pennsylvania, even trying to see a show is difficult. Nate longs for the spotlight and finds it hard to relate to anyone who can’t carry a show tune. When a casting call for an upcoming musical comes up, he makes a plan to travel to New York to audition. Full of fun and heart, this first title in a series is a fantastic family read.

#### “It Wasn’t Me”

by Dana Alison Levy  
Theo’s photography is destroyed in an act of vandalism. Instead of drawing more unwanted attention to himself, he just wants it all to blow over. But the five kids who were present at the scene and Theo are forced to spend a vacation week together to try work this out in a “justice circle.” Theo is not interested. But as the five kids, the Nerd, the Princess, the Jock, the Weirdo and the Screw-Up, share more about themselves, all of them

realize there’s more to each other than they realized. Parents, sound familiar? Yes, you will love this book for its “Breakfast Club” plot and message. Kids will love this book for its funny, heart-warming and realistic struggles.

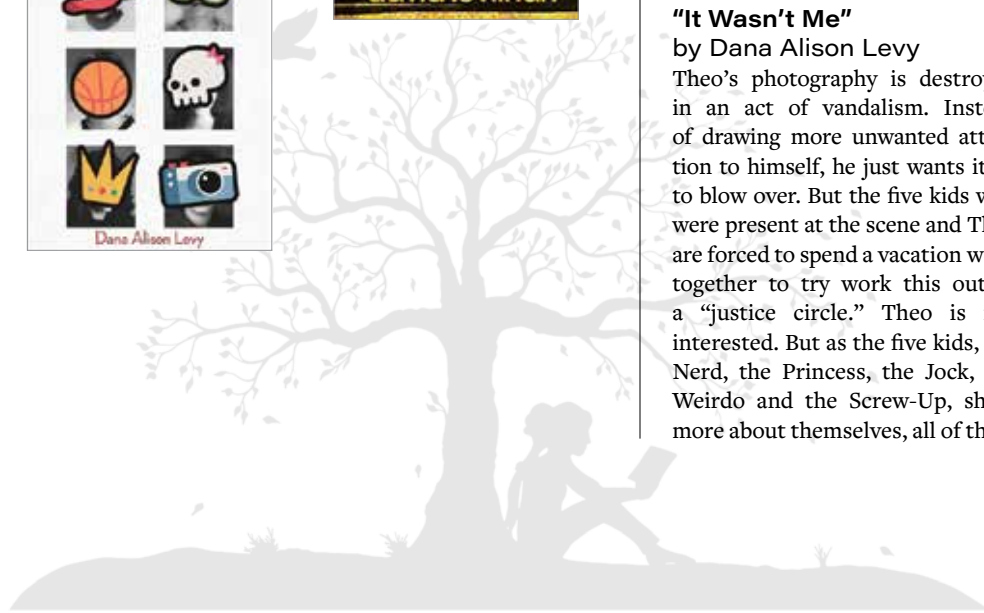
### YOUNG ADULT

#### “A Very Large Expanse of Sea”

by Tahereh Mafi  
Sixteen-year old Shirin doesn’t want to be stereotyped. But in the post-9/11 world she lives in, she can’t escape it. She’s a hijab-wearing Muslim and is constantly taunted for being a “terrorist.” From the animosity and violence thrown at her from classmates, she is determined to find an outlet to channel her frustrations and express herself. The answer? Break dancing. Then she meets Ocean James and their newfound romantic relationship is met with scrutiny and anger by their classmates who call Ocean a “traitor” for dating a Muslim girl. Ocean and Shirin find their complicated relationship and struggles bring them closer together in this book loosely based on the author’s life.

#### “Hold Me Closer: The Tiny Cooper Story”

by David Levithan  
Looking for something completely different? Like maybe big Broadway-worthy songs with a ton of humor and heart? It’s time then to pick up this companion to the best-selling “Will Grayson, Will Grayson” by John Green and David Levithan. The world is Tiny Cooper’s oyster, and his script for a high school musical will have you laughing at the commentary and missed stage cues. In tough times, this quick read will absorb readers with a most satisfying story. ■



# Kimberly Fernandez



**TITLE:** Owner & CEO, GIRLKIN Lashes in Pikesville, Westminster and Washington, D.C.

**LIVES:** Finksburg

**FAMILY:** Husband, Rafael; four sons, Robert (13), Rafael (5), Royal (2) and Ryder (10 months); fur baby, Khloe

Do you know a local mom or dad in our readership area whom we should feature in Mom Life/Dad Life? Nominate her or him by filling out an entry form on [Baltimoreschild.com/Feedback](http://Baltimoreschild.com/Feedback).

## Your career centers on eyelashes— that sounds cool.

I am thankful to have a 16-year career with the federal government as a senior technical advisor. Additionally, I've always been interested in beauty, and started doing lash extensions in my living room to fulfill my creative side and make women feel special.

Part of the driving force to open GIRLKIN was to provide a luxury experience to working mothers like me — an oasis where they can feel pampered, even if just for an hour every few weeks.

## What are 5 things you can't live without?

My family first and foremost, but also my phone, red lipstick, a great bag and, of course, lashes.

## Favorite chore?

Honestly, I don't have a favorite chore, but it's a necessity for me to keep my home organized. It makes me feel my absolute best.

## What do you love about being a mom?

So many things, but I especially love how my kids look to me to be their support system and to help mold them into respectable men. It is by far the most rewarding part of my life. I look forward to the day when my four sons tower over me and we can do "adult" things together, like vacation, dine at our favorite restaurants and share embarrassing childhood memories. I can be an amazing role model to their families.

## What do you find challenging about raising kids?

It's a balance being a working mom and entrepreneur. I deal with mommy guilt all the time, not being attentive to all of my

children's needs day in and day out. I had to accept that striving for perfection is an uphill battle. Now I am totally fine with the occasional waffles for dinner. This has actually empowered my boys to be more self-sufficient very early on. My 5-year-old can make you the best scrambled egg of your life.

## How do you take care of your mental and physical health?

Listening to old-school R&B keeps me at peace, and I love reading. After the family is asleep, I generally find solace in a great book. I'm drawn to the self-help and leadership genres. I've recently been reading about managing my energy—learning how to address things that are in my control and leaving the rest for the universe to handle. That's really helped me out a lot. I also look forward to recharging during Caribbean getaways with my husband.

## What's something your family loves to do together?

We absolutely love the water and we are fortunate enough to have a pool, where I treasure our family time.

## What's something that makes the parenthood-career juggle a little bit easier?

I have the most amazing husband and support system. We have a live-in nanny and this has been such a wise investment. It has helped to ensure consistency and continuity of our family unit and gives us more time together doing the things we love.

## What's next for you?

The sky is my only limit! This pandemic has shown me to be ready for anything and has pushed me to constantly evolve as a mother and definitely as a business owner. There are so many amazing things coming for GIRLKIN Lashes, including continued expansion and community outreach. ■



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is waiting...

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*My favorite subject is science. We go on nature walks with our teachers — it's called field study. You walk in boots and learn about fun things — we learn about plants and vines and animals. (Norman the turtle is my favorite thing to find in the pond. He's the one that is giant and has a big shell.)*

*The Kindergarten playground has lots and lots of fun stuff to do like sliding and swinging, and monkey bars. We get to sled in the winter when it's snowing.*

*Inside we like to play with blocks. We like to build a bunch of helicopters, jungles, school buses, and zoos. I love music, too.*

*In the spring, we did social distancing and Zooming — so you type and Zoom and you can say hi to all the friends that you miss. We learned about what rhymes with cup — like up. A rhyme means a word that has the same letters at the end. We use rhymes when we're Zooming.*

*¡Me gusta Park mucho!*

**—Arianna, Kindergarten**

The Park School of Baltimore is a Pre-K through 12 school with the mission of supporting young people in becoming confident questioners and responsible citizens of the world. [www.parkschool.net](http://www.parkschool.net)

