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Family  
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SAFETY**

**NIGHTMARES?**  
Learn the Triggers & How You Can Help!

**BIRTHDAY  
PARTY GUIDE**

*Fall*  
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**CREATIVE  
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Registration: 10:00 am

Run/Walk Start: 11:00 am

Start and End Point:

NASA Little League Fields/1200 Ramada Dr., Houston

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or email at [krfstrong@gmail.com](mailto:krfstrong@gmail.com)

## NOTE FROM THE EDITOR

My husband shocked me recently when he announced this revelation, "Did you realize that Cody leaves for college in 100 weeks?" WHAT??? I didn't believe him, so I looked it up and sure enough, he was right. Our oldest son will soon be leaving the nest. When I started this magazine business, he was 3 years old. I know it is very cliché to say "they'll be gone before you know it" or "don't blink, they will be 20 tomorrow," but I'm here to tell you... Don't blink, they will be gone before you know it!

Get out and enjoy every minute you have with your kiddos, especially now during the season of fall festivals and local carnivals. Check out our Fall Festival guide and Fun-Time Calendar for lots of suggestions. If you have a birthday coming up, make sure you take a look at our Birthday Party Guide for fun ideas. We also have tips for avoiding nightmares, ways to boost your child's immune system, fire safety and creative consequences for your little stinkers.

Whether you have 100 weeks left with your kids under the same roof, or you're just starting on that journey, I seriously hope that you will enjoy every minute of it-because time flies when you're having fun.

Wishing you all a fantastic October!

*Kim*

Kim Carlisle, Editor

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## COVER CUTIE

This handsome Cover Cutie is 4 year old Jonah. He likes coloring, swimming and playing with racecars. His favorite foods are Cheese-sticks and Cinnamon-Honey Graham Crackers. His favorite cartoon is Ironman. He loves playing with Legos and his best friend, who happens to be his twin brother, Logan.

He enjoys spending time with his sister, 11 year old Annessa. He has his own pet fish, named after him. The family also has 3 dogs, Camille, Buckley and Daisy.

Parents Andrea & Dustin and Kirt & Mandy are very proud of their sweet boy!



**Cover Photo By:**

Jennifer Stoehr  
Photography  
[jennifermariaphotos.com](http://jennifermariaphotos.com)

*JENNIFER STOEHR*  
PHOTOGRAPHY

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# FRIGHT NIGHT

## 8 NIGHTMARE TRIGGERS AND HOW YOU CAN HELP

By Malia Jacobson



Bad news for parents of school-age kids: the early school years are a prime time for nightmares. For many children, nightmares peak between ages 5 and 8, thanks to an increasingly active imagination, fantasy play, and newly acquired social awareness.

Nightmares are a near-universal childhood experience, and up to half of young children experience recurring nightmares at some point. That's not necessarily a bad thing, though. According to clinical psychologist Matt Woolley, Ph.D., of the University of Utah Department of Psychiatry, nightmares may serve a developmental role.

"Parents want to rid their child of nightmares entirely," he says. "But that's not necessarily possible or desirable. Occasional nightmares are a normal experience."

While nightmares are normal, some children seem to get more than their share, and their sleep can suffer as a result. Kids who experience excessive nightmares (more than two per week) can become sleep-avoidant, sullen, irritable, and show signs of depression.

Thankfully, experts say that some nightmares can be prevented or minimized. Parents can pave the way for sweeter dreams by learning about the top "nightmare triggers," or events and situations likely to bring on bad dreams. Nightmare triggers run the gamut from social (adjusting to a new school) to physical (having a high fever) to experiential (riding a roller coaster for the first time), and some may surprise you. Here are the top eight.

### TRICKY TRANSITIONS

Starting a new school or daycare, beginning a new class or sport, or being away from a parent or other caregiver can contribute to a child feeling helpless. These feelings can bring on nightmares, says Woolley. "When children have a lot of nightmares, it's not uncommon that there are a lot of changes going on at home," he says.

**How to help:** Discuss life transitions with your child, preferably in advance. Encourage your child to talk about things that may be bothering him or her.

### DREAM DANGER

Scary or unsettling experiences like car accidents, injuries, or other real-life traumas can be nightmare fodder for children. The death of a relative or pet or a divorce in the family can also cause emotional distress that plays out in the form of bad dreams.

**How to help:** After scary or traumatic experiences, encourage creative expression in the form of journaling or drawing. Art and creative play can help children communicate and process troubling emotions, says Woolley.

### RATED N FOR 'NIGHTMARE'

Media research firm Nielsen reports that elementary-school age children watch 28 hours of television per week. All of those hours clocked in front of the boob tube can contribute to nightmares, especially if kids watch intense or troubling content. "The central themes of many children's stories—separation from or loss of parents and friends, or evil people hurting innocent ones—are very commonly upsetting," says Jan Drucker, Ph.D., professor of psychology at Sarah Lawrence College.

**How to help:** Don't allow your child to view troubling, intense scenes on television, particularly before bedtime.

### UNDER PRESSURE

Music or dance recitals, tests at school, and sports games can bring on excitement, worry—and nightmares. Dreams are often an opportunity to relieve pressures of the day. When there are big demands placed on a child, dreams become a time to replay anxiety or stress over the event.

**How to help:** Any time your child is facing a transition, special challenge, or new experience, stick to an earlier bedtime and spend extra time winding down and relaxing before bed.

### NEW PLACES, NEW FACES

A trip on the amusement park ride; a long-awaited airplane trip; a longed-for visit with faraway cousins—new experiences, even enjoyable ones, can trigger nightmares. "The first time a child does something, it's nearly always stressful," says Woolley. "The brain reprocesses that stress at night in the form of a nightmare."

**How to help:** Limit new-experience stress by following an exciting "first" with a familiar, comforting activity—after a child's first roller-coaster ride, wind down with a leisurely walk, read a book or listen to relaxing tunes.

### LATE-BEDTIME BOOGEYMAN

When kids stay up too late, nightmares can come calling. Sleep deprivation results in the fitful, poor quality sleep that can trigger bad dreams.

**How to help:** Ensure that your child gets enough sleep—most children aged 5-8 need between 9 and 11 hours per night.

### PILLS AND CHILLS

Parents are often surprised to learn that medications intended to improve their child's health can have a detrimental effect on sleep. Mood altering medications, including anti-depressants and medications for ADHD, can negatively impact sleep or trigger nightmares, particularly when taken over a long period of time.

**How to help:** Talk to your doctor about any medications your child takes and ask how you can minimize any negative effects on sleep.

### DISCOMFORT DRAMA

When kids toss and turn because of a too-hot bedroom, ill-fitting PJs, or an old, saggy mattress, bad dreams are more likely to happen, says Woolley. Fortunately, the most common discomfort-related nightmare trigger—sleeping too hot—is easily remedied by removing a child's socks, switching to lighter-weight pajamas, or removing a heavy blanket.

**How to help:** Keep the bedroom quiet, dark, and cool—between 60 and 68 degrees is ideal. During warmer months, switch to lighter-weight pajamas and remove heavy blankets.

If your child has more than two nightmares a week for over a month, a visit to a doctor or psychologist is in order. And take heart: like teddy bears and footie pajamas, bad dreams are often a passing childhood phase. In the meantime, healthy sleep habits mean sweeter dreams, fewer nightmares, and happier mornings.



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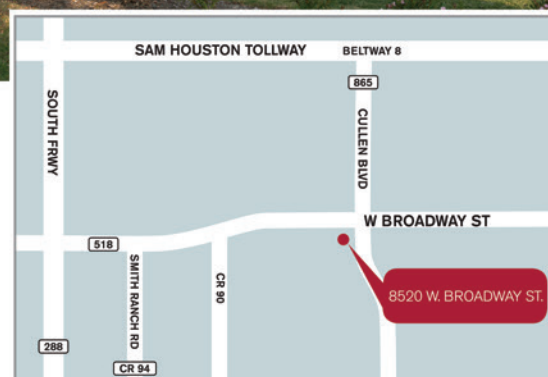
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## Children's Museum

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## Galveston Railroad Museum

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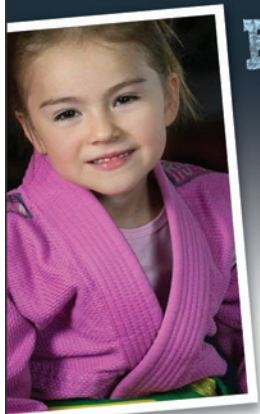
## The Health Museum

[www.thehealthmuseum.org](http://www.thehealthmuseum.org)  
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## The Fun-Time Calendar

*October 2016*



**Parents:** Some programs require tickets and/or reservations, always contact event locations to confirm times and requirements.

- Oct 1 - 31 • The Emperor's New Clothes** • Kids' Backporch Productions • [kidsbackporchproductions.org](http://kidsbackporchproductions.org) • 281-412-5350
- Oct 1 - 2 • Scouting Weekend at Kemah Boardwalk** • Discounts for scouts in uniform. • Kemah Boardwalk • [kemahboardwalk.com](http://kemahboardwalk.com) • 281-334-9880
- Oct 1 - 2 • Pearland Art & Crafts On The Pavilion** • 10:00am-5:00pm • Enjoy a 2-day outdoor show featuring unique art, handmade crafts, culinary creations and local entertainment. Plus a Food Truck Court both days. • Free Admission • Pearland Town Center • [visitpearland.com](http://visitpearland.com) • 713-436-5595
- Oct 1 • Free Hands On Workshop** • 9:00am • Toy Fire Truck with real wheels...All kids get to keep their craft, receive a free certificate of achievement, a Workshop Apron, and a commemorative pin while supplies last. • Free • At Your Local Home Depot • [homedepot.com](http://homedepot.com)
- Oct 1 • Doggy Reading Time** • 2:00pm • Pearland Westside Branch Library • [bcls.lib.tx.us](http://bcls.lib.tx.us) • 713-436-0995
- Oct 1 • Manga/Anime Club** • 2:30pm • Free • Bracewell Neighborhood Library • [hpl.lib.tx.us](http://hpl.lib.tx.us) • 832-393-2580
- Oct 1 • Music Nite on the Strand: The Michael Hix Band** • 3:00pm-5:00pm • Pop, Rock & Soul • Saengerfest Park, 23rd & Strand, Galveston • [galveston.com](http://galveston.com) • 409-621-2253
- Oct 1 • LEGO Star Wars Rogue One Build Event** • 4:00pm • Kids ages 8 and up are invited to join us for our LEGO Build. • Free • Barnes & Noble Pearland • [barnesandnoble.com](http://barnesandnoble.com) • 713-436-1561
- Oct 1 • Meet the Bats of Armand Bayou** • 6:30pm • We begin with an outdoor presentation, then take a short walk along the ponds to watch the sun set, listen to night sounds, and smell the fresh prairie plants. The highlight is locating in three species of bats that come in small number to the pond to feed. Space is limited. Call to register early. Ages 6-Adult Fee: \$10/adults; \$8/children & Seniors • Armand Bayou Nature Center • [abnc.org](http://abnc.org) • 281-474-2551
- Oct 1 • CORE Presents Dance From Israel** • 8:00pm • Miller Outdoor Theatre • [milleroutdoortheatre.com](http://milleroutdoortheatre.com)
- Oct 2 & 16 • Free Sunday in Nature: Bats** • 12:00pm • Join us for a day of Free Admission to the Nature Center. We will focus on a different topic each month. Last admission is at 4pm and there will be a special program from 1-3pm. • Armand Bayou Nature Center • [abnc.org](http://abnc.org) • 281-474-2551
- Oct 2 • 1,000 Lights of Peace** • 6:00pm • Miller Outdoor Theatre • [milleroutdoortheatre.com](http://milleroutdoortheatre.com)
- Oct 3 • After School Art Club** • 4:00pm • Children will paint, collage, create masterpieces and more! All supplies and snacks are included. • Houston • [cmhouston.org](http://cmhouston.org) • 713-522-1138
- Oct 1 • Movie Night on The Strand: "Labyrinth"** • 7:00pm • alvin-tx.gov • Saengerfest Park, 23rd & Strand, Galveston • [galveston.com](http://galveston.com) • 409-621-2253
- Oct 4 • National Night Out** • Neighborhoods around Pearland • [pearlandtx.gov](http://pearlandtx.gov)
- Oct 4 • Birds Story Time and Craft** • 10:30am • Live animals • Free • Bracewell Neighborhood Library • [hpl.lib.tx.us](http://hpl.lib.tx.us) • 832-393-2580
- Oct 4 • Free Afternoon at Houston Zoo** • 12:00pm • Free • Houston Zoo • [houstonzoo.org](http://houstonzoo.org) • 713-533-6500
- Oct 5 • Mommy Mingle Wednesday** • 10:00am • Bring your little ones to Tot\*Spot (our exclusive exhibit for children 35 months and under), and mingle with other mommies during Mommy Mingle Wednesdays. Daddies, nannies and caretakers are welcome, too! Plus, enjoy free coffee and breakfast on us (while supplies last). • Children's Museum of Houston • [cmhouston.org](http://cmhouston.org) • 713-522-1138

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**Oct 6 • Home School Day • 9:00am •** Experience space science through innovative, exclusive activities and special guest speakers at Home School Day 2016 at Space Center Houston. This incredible event provides the opportunity for home-schooled families to learn about space exploration and engage in an unforgettable day of education and inspiring entertainment. • Space Center Houston • spacecenter.org • 281-244-2100

**Oct 6 • 2016 Business Expo & Taste of the Town • 2:00pm-7:00pm •** Knights of Columbus Hall, 123 CR 146, Alvin • alvinmanvelchamber.com

**Oct 6 • Kids Craft - Sugar Skulls • 4:00pm •** Free • Bracewell Neighborhood Library • hpl.lib.tx.us • 832-393-2580

**Oct 6 • Pajama Night • 6:00pm • Free •** Bracewell Neighborhood Library • hpl.lib.tx.us • 832-393-2580

**Oct 8 • Music Nite on the Strand: Ton Mickey and the Zydeco Hot Steppers • 6:00pm •** Blues & Country • Saengerfest Park, 23rd & Strand, Galveston • galveston.com • 409-621-2253

**Oct 9 • Daniel Tiger's Neighborhood - Live! • 5:30pm •** Jones Hall Lobby • spahouston.org • 713-227-4772

**Oct 10 & 24 • Adaptive Recreation: Arts & Crafts • 11:00am •** Open to persons with developmental disabilities. Create a piece of art you can be proud to show off or even give away as a gift! • 10 yrs & up • Free • Westside Event Center • pearlandparks.com • 281-412-8900

**Oct 10 & 24 • Adaptive Recreation: Cooking • 11:00am •** Open to people with developmental disabilities. Basics of cooking such as measuring, mixing, prepping, baking and many other things. Each participant will take home a cookbook of the items they cooked. RSVP to lfrench@pearlandtx.gov a week prior. • 10 yrs & up • Free • Westside Event Center • pearlandparks.com • 281-412-8900  
**Oct 10 • Sensory Friendly Day at the Children's Museum of Houston •** An opportunity for kids with Autism Spectrum Disorders and sensory processing differences to explore the Museum. • Children's Museum of Houston • cmhouston.org • 713-522-1138

**Oct 10 • Hot Peas 'N Butter • 11:00am •** Miller Outdoor Theatre • milleroutdoortheatre.com

**Oct 11 • Para los Ninos Bilingual Story Time & Craft • 10:30am • Free •** Bracewell Neighborhood Library • hpl.lib.tx.us • 832-393-2580

**Oct 12 & 26 • Adaptive Recreation: Paralympic Archery • 2:00pm •** Open to all persons with a physical disability. Bring your own bow if you have one however one will be provided for you if needed. You must RSVP by the Tuesday before the class to Lindsay French at lfrench@pearlandtx.gov • 10 yrs & up • Free • Bass Pro Shop, Pearland • pearlandparks.com • 281-412-8931

**Oct 12 • Preschool Art Workshop • 11:00am •** Children will paint two Halloween Luminaries that will light up your holiday! A parent, guardian, or caregiver must attend for your child to participate. Be sure to dress to get a little messy! • 3 yrs & up • \$10 • Gander Studio • alvin-tx.gov

**Oct 13 • My BFF, The Dragon • 11:00am •** Miller Outdoor Theatre • milleroutdoortheatre.com

**Oct 13 • Kids Craft - Autumn Creations • 4:00pm • Free •** Bracewell Neighborhood Library • hpl.lib.tx.us • 832-393-2580

**Oct 13 • Family Free Night at the Galveston Children's Museum • 4:30pm •** Galveston Children's Museum • galvestoncm.org • 409-572-2544

**Oct 14 - 22 • August Osage County •** The Purple Box Theater • thepurpleboxtheater.com • 818-642-4665

**Oct 14 - 16 • The Sounds of Simon and Garfunkel •** Houston Symphony • houstonsymphony.org

**Oct 14 - 16 • Endurance - A Family Challenge Adventure •** The family that ziplines together stays together! Don't miss our challenge weekend designed for families with children ages 10 and up. Experience the low and high Challenge Course as well as our Adventure Summit Course, with its 480ft. dual zip line and 10-element circuit. Hotel lodging and all meals included. Register online. • Camp Allen • campallen.org • 936-825-7175

**Oct 14 • Croissants and Crayons • 9:00am •** The Village School's French-English Bilingual Program Open House • The Village School West Campus • thevillageschool.com • 281-496-7900

**Oct 14 • Dia de la Hispanidad - Aymee Nuviola • 7:00pm •** Miller Outdoor Theatre • milleroutdoortheatre.com

**Oct 15 • A Magic Carpet Ride with Music from Aladdin •** Houston Symphony • houstonsymphony.org

**Oct 15 • Scary Original Mini-Series 'It' • 1:00pm • Free •** Bracewell Neighborhood Library • hpl.lib.tx.us • 832-393-2580

**Oct 15 • Teen Program-Scrabble Afternoon • 2:00pm • Free •** Pearland Westside Branch Library • bcls.lib.tx.us • 713-436-0995

**Oct 19 • Swing, Jive and Pop! Into Dance • 11:00am •** Miller Outdoor Theatre • milleroutdoortheatre.com

**Oct 20 • Kids Craft - Pumpkins • 4:00pm •** Free • Bracewell Neighborhood Library • hpl.lib.tx.us • 832-393-2580

**Oct 21 - Nov 6 • Eurydice •** Pearl Theater • pearltheater.com • 713-340-2540

**Oct 21 - 23 • Lego KidsFest •** Official LEGO Extravaganza! "Swim in a Big Brick Pile, meet LEGO Master Builders, Giant models, fun activities, and much more. Visit website for tickets and more information. • NRG Center • legokidsfest.com

**Oct 21 - 22 • Splendid China XI • 7:30pm •** Miller Outdoor Theatre • milleroutdoortheatre.com

**Oct 21 • Mommy & Me Playtime • 9:30am •** Come and enjoy some time to chat with other moms and let your child play with all the preschool toys. Also, enjoy playing with your child in a new setting! Ages 5 and under. (FREE) • 5 and under • Free • Lord of Life Preschool • friendswoodschool.com • 281-482-0481

**Oct 22 - 23 • Wings Over Houston Air Show •** Ellington Airport • wingsoverhouston.com

**Oct 22 • Confections for Kids: Cupcake Decorating • 1:00pm •** Participants will decorate several beautiful and decadent cupcakes. All supplies are included. • 5 yrs & up • \$15 per class • Gander Studio • alvin-tx.gov

**Oct 24 • Trouble on the Double • 11:00am •** Miller Outdoor Theatre • milleroutdoortheatre.com

**Oct 24 • Brown Bag Lunch Bunch • 12:00pm •** Pearland Branch Library • bcls.lib.tx.us • 281-652-1677

**Oct 24 • Kid's Pottery Workshop • 4:00pm •** Children will work with clay; learn basic pottery techniques and fundamentals. Participants will complete a minimum of one project per session: plates, bowls, vases, etc. • 5 yrs & up • \$25 per session • Don's Pottery Shop • alvin-tx.gov

**Oct 25 • Amphibians Story Time & Craft • 10:30am •** Live Animals • Free • Bracewell Neighborhood Library • hpl.lib.tx.us • 832-393-2580

**Oct 27 - 28 • Wells Fargo Presents The Aluminum Show • 7:30pm •** Miller Outdoor Theatre • milleroutdoortheatre.com

**Oct 27 • Kids Craft - Going Batty • 4:00pm •** Free • Bracewell Neighborhood Library • hpl.lib.tx.us • 832-393-2580

**Oct 28 • Costume Carnival Open House • 6:30pm •** Dress up and bring some friends for a free night of safe, kid-friendly fun! No spooks or scares here! • Free • The Little Gym of Pearland • tlgpearlandtx.com • 713-340-0042

**Oct 29 • If You Give a Mouse a Brownie Story Time • 11:00am • Free •** Barnes & Noble Pearland • barnesandnoble.com • 713-436-1561

**Oct 29 • Pops at the Park • 7:30pm •** Miller Outdoor Theatre • milleroutdoortheatre.com

**Oct 29 • The Hunchback of Notre Dame (1923) Silent Film • 8:00pm •** The Grand 1894 Opera House • thegrand.com • 800-821-1894

**Oct 31 • Movies at Miller - Night of the Living Dead (1968) • 7:30pm •** Miller Outdoor Theatre • milleroutdoortheatre.com

## Ongoing

### MONDAY

**Baby Bounce • 10:30am • Free •** Pearland Branch Library • bcls.lib.tx.us • 281-652-1677

**Baby Bounce • 10:30am • Free •** Pearland Westside Branch Library • bcls.lib.tx.us • 713-436-0995

### TUESDAY


**Toddler Time • 10:30am • 18-36 months •** Free • Pearland Branch Library • bcls.lib.tx.us • 281-652-1677

**Preschool Story Time • 10:30am • Free •** Pearland Westside Branch Library • bcls.lib.tx.us • 713-436-8600





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**Toddler Time** • 10:30am • Free • Pearl and Westside Branch Library • bcls.lib.tx.us • 713-436-8600

**Toddler Tuesdays** • 10:30am • Discover a morning of fun with story time, activities, crafts and special character appearances. • Discovery Green in Downtown Houston • discoverygreen.com • 713-400-7336

## WEDNESDAY

**Mini Moo Playgroup** • 9:30am • Story Time and Music in the Playroom at 10:15am. FREE IceCream for all tots! • Free • Chick-fil-A Pearl and • cfapearl.com • 713-436-6700

**Preschool Story Time** • 10:30am • Free • Alvin Branch Library • bcls.lib.tx.us • 281-388-4300

**Preschool Story Time** • 10:30am • Free • Parker Williams Branch Library • hcpl.net • 281-484-2036

**Toddler Story Time** • 10:30am • Free • Bracewell Neighborhood Library • hpl.lib.tx.us • 832-393-2580

**Toddler Playtime** • 11:00am • Free • Bracewell Neighborhood Library • hpl.lib.tx.us • 832-393-2580

**Baby Bounce** • 3:30pm • Songs, rhymes and story. • 0-18 months • Free • Pearl and Branch Library • bcls.lib.tx.us • 281-652-1677

## THURSDAY

**Preschool Story Time** • 10:30am • 3-5 yrs • Free • Pearl and Branch Library • bcls.lib.tx.us • 281-652-1677

**Preschool Story Time** • 10:30am • 3-5 yrs • Free • Pearl and Westside Branch Library • bcls.lib.tx.us • 713-436-8600

**Toddler Time** • 10:30am • Free • Parker Williams Branch Library • hcpl.net • 281-484-2036

**Toddler Time** • 10:30am • Free • Pearl and Westside Branch Library • bcls.lib.tx.us • 713-436-8600

**Toddler Story Time** • 10:30am • Free • Pearl and Branch Library • bcls.lib.tx.us • 281-652-1677

**Adaptive Recreation: Bowling Team** • 1:00pm • Open to all persons with developmental disabilities. Parents, guardians and caregivers must assist those with special needs to make this a rewarding experience. Open to all skill levels. • 10 yrs & up • Free • Pearl and Recreation Center & Natatorium, 4141 Bailey Rd. • pearlandparks.com • 281-412-8931

**Adaptive Recreation: Basketball** • 6:00pm • Open to all persons with developmental disabilities. Learn basic basketball skills. Open to all skill levels. Parents, guardians and caregivers must assist those with special needs to make this a rewarding experience. • 8 yrs & up • Free • Pearl and Recreation Center & Natatorium, 4141 Bailey Rd. • pearlandparks.com • 281-412-8931

**Adaptive Recreation: Wheelchair Football/Basketball** • 7:00pm • Open to all persons with physical disabilities who are independent in their wheelchairs. Choose which sport to play. No registration required. • 10 yrs & up • Free • Pearl and Recreation Center & Natatorium, 4141 Bailey Rd. • pearlandparks.com • 281-412-8931

## SATURDAY

**Adaptive Recreation: Yoga** • 10:00am • Learn Classical Hatha Yoga, mastery of breath and much more. Please RSVP to lissa.giacco@tx.nmss.org or call 281-526-8967 before attending class. • 10 yrs & up • Free • Westside Event Center • pearlandparks.com • 281-412-8900

281-526-8967 before attending class. • 10 yrs & up • Free • Westside Event Center • pearlandparks.com • 281-412-8900

**Vietnamese Story Time** • 10:00am, 11:15am & 2:30pm • Reservation required. • Free • Parker Williams Branch Library • hcpl.net • 281-484-2036

**Mini Musicians** • 10:30am • Music and movement to bring families together. • Free • Pearl and Westside Branch Library • bcls.lib.tx.us • 713-436-8600

**Story Time** • 11:00am • Free • Barnes & Noble Pearl and • barnesandnoble.com • 713-436-1561

**Saturday Train Rides** • 11:00am-2:00pm • Train rides aboard our GE 80 tonner locomotive and MoPac caboose! • \$5 w/ admission • Galveston Railroad Museum • galvestonrrmuseum.com • 409-765-5700

**Free Crafts for Kids** • 11:00am-3:00pm • Free • Lakeshore Learning • lakeshorelearning.com • 281-461-6263

Log on to [www.pearlandparent.com](http://www.pearlandparent.com) to submit your event or club information. Print Deadline 10th of month prior.

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# 12 CREATIVE Consequences for kids

By Sarah Lyons



Before becoming a parent, the idea of disciplining children seemed fairly straightforward. It follows logic that if you set limits, use consistency, and respond firmly, but lovingly, children will learn to correct their behavior. As I became a more experienced mother, I quickly learned that traditional methods of discipline, such as time out, do not work with every child, every time. Thinking outside of the traditional methods of discipline and trying new and creative consequences may improve behavior. Here are some ideas:

**BUY IT BACK.** Toys left on the floor after the designated pickup time will be confiscated by a parent. Children will be allowed to buy back each item for \$1. ([www.notconsumed.com](http://www.notconsumed.com)) If the children are not earning an allowance, they may do something extra around the house to earn the item back.

**PRACTICE MAKES PERFECT.** When chores aren't done to the parent's standards, have kids "practice" doing it over and over again until they become an expert. ([www.imom.com](http://www.imom.com))

**SILLY FACES.** "If siblings were fighting, they had to make five faces at each other. They would end up laughing and forget what they were fighting about to begin with." says Marianne Lincoln, mother of five.

**TEAM SPIRIT.** Siblings who fight can also be assigned projects or chores to work on as a team. By the end of the day, they will have learned to work together.

**OPEN DOOR POLICY.** If your teen slams the bedroom door when angry, take away the privilege of privacy and remove the door for a week.

**DONATIONS.** If your kids consistently leave clothing on the floor, collect it for donation to a local charity. If they decide they aren't ready to donate it yet, have them pay you what it would cost them to buy it from a thrift store. ([www.parenting.com](http://www.parenting.com))

**SAFETY FIRST.** It is not safe to drive when people are shouting and making a commotion in the car. If the kids are too rowdy, pull the car over and wait silently until they are quiet.

**TAKE TIME.** If you child is dawdling and makes everyone late, have them sit out of the fun when you arrive for the same amount of time they wasted at home.

**EARLY TO BED.** If the child has a bad attitude and you suspect it's because they are not getting enough sleep, move up bedtime by 5 minutes each time you need to remind them to improve their behavior.

**KID'S CHOICE.** When children misbehave, try allowing them to choose their own consequence. This method gives them control over their fate, teaches them to think about their actions in the future, and makes imposing the consequence easier.

**STAND ALONE.** If the child will not stop tipping his chair at dinner, simply take the chair away and have him stand while he eats. ([www.notconsumed.com](http://www.notconsumed.com))

**TEACH RESPECT.** "I have a friend that has her children wash the other's feet if they are being disrespectful to each other." says Shannon, mom of three.

With some patience, a sense of humor, and some creativity, parents can use the art of creative consequences to teach their children in a fresh and memorable way that will have lasting results.

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# Fall Festivals and Halloween Carnivals

**Oct 1 - Nov 4 • 4th Annual Froberg's Farm Corn Maze & Fall Festival** • Corn Maze, Hay Rides, Pumpkin Patch, Pony Hops, Plastic Duck Races, Bean Bag Toss and much more! Weekends only. • Froberg's Farm • frobergfarm.com • 281-585-3531

**Oct 1 - 31 • Pumpkin Patch** • Shepherd of the Heart United Methodist Church • shepherdoftheheart.org • 713-436-5080

**Oct 1 - 2 • HopeFest** • Crafts, Tea room, Silent auction, BBQ and FREE kids games and more. • Hope Lutheran Church • hope-lutheran.org • 281-482-7943

**Oct 1 • Oktoberfest 2016** • 11:00am-5:30pm • Food, Live Band, Live Auction, Craft Booths, Kids Games and more. • Alvin Lutheran Church • alvinlutheran.org • 281-331-5457

**Oct 6 - 9 • 50th Annual Greek Festival** • Annunciation Greek Orthodox Cathedral • greekfestival.org • 713-526-5377

**Oct 7 - 31 • BOO on the Boardwalk** • Dungeon of Doom Haunted House or the kids can enjoy our Little Boo Haunted Fun House. Plus, pumpkin decorating, trick or treating and much more. Oct 22 & 29-Halloween Costume Contest. Oct 22-Zombie Night Party, dress up, walk and dance like a zombie. • Kemah Boardwalk • dungeonofdoomkemah.com • 281-334-9880

**Oct 7 - 8 • Pumpkin Patch & Craft Fair** • St. Andrew's Episcopal Church • pumpkinchurch.com • 281-485-3843

**Oct 8 - Nov 27 • 2016 Texas Renaissance Festival** • 9:00am-8:00pm • Weekends only and Thanksgiving Friday. Discounted tickets for Opening Weekend! • All Ages • Adult \$30, Child \$15, Kids Free Sundays • Texas Renaissance Festival • texrenfest.com • 800-458-3435

**Oct 8 - 9 • 13th Annual Gulf Coast International Dragon Boat Regatta** • 8:30am-4:30pm • Brooks Lake @ Fluor in Sugar Land • texasdragonboat.com

**Oct 9 • Sacred Heart of Jesus Bazaar** • Live and Silent Auctions, Food, Kids Games, Rides and More! • Sacred Heart of Jesus Catholic Church • sacredheartmanvel.org • 281-489-8720

**Oct 11 - 31 • Monster's Museum of Houston** • Trick-or-treating, dress in a menacing monster costume, paint a pumpkin and more. Oct 22, Ghostbusters Day, capture the pesky ghouls and help save the museum. Oct 31, Halloween Monster Mash Bash Party with a DJ with dancing, and more. • Children's Museum of Houston • cmhouston.org • 713-522-1138

**Oct 11 - 15 • 39th Annual Harris County Fair** • Houston Farm & Ranch • hcfair.com

**Oct 13 - 16 • 38th Annual Houston Italian Festival** • Italian Cultural & Community Center • houstonitalianfestival.com • 713-524-4222

**Oct 14 - 31 • Zoo Boo** • Come dressed in your spookiest or prettiest Halloween costume! All Zoo Boo activities are included with your paid Zoo admission. Zoo Boo is FREE for Zoo Members! Fri 9am-1pm, Sat & Sun 9am-4pm • Houston Zoo • houstonzoo.org • 713-533-6500

**Oct 14 - 22 • Brazoria County Fair** • Brazoria County Fair Association • brazoriacountyfair.com

**Oct 14 - 16 • Cajun Catfish Festival** • Downtown Conroe • conroecajuncatfishfestival.com

**Oct 15 - 31 • 2016 Siege of the Skeletons!** • Viewing the skeletons is included with the purchase of a general admission ticket. • The Health Museum • thehealthmuseum.org • 713-521-1515

**Oct 15 - 16 • 19th Annual ARToberFEST** • Sat 10am-6pm and Sun 10am-5pm • The Grand • artoberfest.com

**Oct 15 • Creepy Crawl** • 5K race, trick-or-treating, face painting, food and more. • Pearland Town Center • visitpearland.com • 713-436-5595

**Oct 15 • Fire Fest** • 10:00am-5:00pm • Lots of kid-friendly activities, live fire demonstrations, a parade and more. • Van Jahnke Training Facility • houstonfirefest.com

**Oct 15 • Korean Festival** • 11:00am-9:00pm • Integrated cultural experience with Korean food, traditional and contemporary performances. • Free • Discovery Green in Downtown Houston • koreanfestivalhouston.com

**Oct 21 - 22 • 35th Annual Island Oktoberfest** • Live music, authentic German foods and pastries, shopping, an auction, and games. Fri 5pm-11pm and Sat 11am-11pm • First Lutheran Church • galvestonoktoberfest.com • 409-762-8477

**Oct 22 - 23 • St. Paul's Out of this World Festival Events** • Sat 7am-10pm, Sun 10am-7pm • Family Fun Run, Scavenger Hunt, Taco & Salsa Fiesta. Games, inflatables, Cake Walk, and more! • Saint Paul Catholic Church • stpaulcatholic.org • 281-333-3891

**Oct 22 • Harvest Fest** • Games, music, bounce house, pumpkin patch, pony rides, activities for kids, and more. • Good Shepherd Episcopal Church • gshepherd.net • 281-428-7630

**Oct 22 • ArBOOretum** • Noon-4:00pm • Come Trick or Treat in Nature's Neighborhood! • Houston Arboretum & Nature Center • houstonarboretum.org • 713-681-8433

**Oct 22 • Fall Fest** • 4:30pm-7:00pm • Trick-or-Treating, Games, Bouncers, Carnival Games, Food, Pumpkin Patch for photos. • First United Methodist Church Pearland • fumcpearland.org • 281-485-1466

**Oct 23 • Trunk or Treat** • 4:00pm-6:00pm • Hope Lutheran Church • hope-lutheran.org • 281-482-7943

**Oct 23 • 17th Annual Halloween in the Park** • 6:00pm-8:00pm • Trick or Treating with the local Friendswood businesses. • Free • Stevenson Park • friendswoodchamber.com • 281-482-3329

**Oct 23 • Trick or Treat in the Patch** • 6:30pm • St. Andrew's Episcopal Church • pumpkinchurch.com • 281-485-3843

**Oct 28 • Scream on the Green** • 6:00pm-10:00pm • Fun contests & activities. Blankets, lawn chairs & picnics are welcome. • Free Admission • Discovery Green • discoverygreen.com

**Oct 29 • Zombie Fun Run** • 10:00am • Register online. • Veterans Sports Complex • pearlandparks.com • 281-412-8900

**Oct 29 • Friendswood UMC Fall Festival** • 3:00pm-5:00pm • Come out for free family fun! We will have food, games, candy, and prizes! Costumes welcome! • Friendswood United Methodist Church • www.friendswoodumc.com • 281-482-7535

**Oct 29 • Saengerfest Park MiniMonster Bash** • 1:00pm-4:00pm • Costume contest, games with prizes, trick or treating at various Downtown businesses and much more. • Saengerfest Park, Galveston • galveston.com • 888-939-8680

**Oct 29 • ACC Fall Festival & Fun Run** • 5:00pm-9:00pm • Fun, Food and Activities the whole family will enjoy. • Alvin Community College • alvincollege.edu • 281-756-3606

**Oct 29 • Trick or Treat on Our Street** • 5:00pm-9:00pm • Start out at the Memorial Hermann Pavilion by picking up your Halloween map. We will have karaoke, inflatables, and activities for the family to enjoy. Costume Contest and Movie Night as well. • Pearland Town Center • pearlandtowncenter.com

**Oct 30 • Ghostly Gardens** • 2:00pm-4:00pm • Trick-or-treating, Creepy Crafts, face-painting and a costume contest. Families with a member in a Halloween costume will receive a special discount to Moody Gardens attractions. • Moody Gardens Galveston • moodygardens.com • 800-582-4673

**Oct 31 • Halloween Event** • Halloween photos, Scavenger Hunt, Trick-or-Treating, Costume Parade, Crafts. • Free • Bass Pro Shop Pearland • basspro.com • 713-770-5100

**Oct 31 • Halloween Party at Pleasure Pier** • 3:00pm-9:00pm • Trick or treating, movies and more. Wear your costumes. • Pleasure Pier, Galveston • pleasurepier.com • 409-766-4950

**Oct 31 • Annual Fall Festival** • Free family fun! Join us for fun inflatables, food, and trunk-r-treat! • Heritage Park Baptist Church • heritagepark.org • 281-482-4729

**Oct 31 • First Fest 2016** • 5:00pm-9:00pm • Rides, games, inflatables, rockwall, food, costume contest, sensory station (special needs friendly) and much more. • Free • Houston's First Baptist Church The Loop Campus • houstonfirst.org • 713-681-8000

**Oct 31 • City of Pearland's 14th Annual Trick or Treat Trail** • 5:30pm-8:00pm • Trick-or-Treating, Food & Activity Vendors, Games, Music, Inflatables, and more. • Free • Recreation Center & Natatorium • pearlandparks.com • 281-412-8900

**Oct 31 • Trick or Treat Trail** • 6:30pm-8:30pm • A safe and friendly environment with treat stations • National Oak Park • alvin-tx.gov • 281-388-4299



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