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## 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

## COVER CUTIE

This handsome Cover Cutie is 4 year old Logan. He likes playing with marbles, reading and swimming. His favorite food is pizza and Goldfish crackers. His favorite cartoon is Sponge-Bob. He loves playing outside and watching movies right before bedtime. His best friend is his twin brother, Jonah.

Logan enjoys spending time with his sister, 11 year old Annessa. They have 3 dogs, Camille, Buckley and Daisy. He also has a fish, named after himself.

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



### Cover Photo By:

Jennifer Stoehr  
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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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by Christa Melnyk Hines

# NATURAL WAYS

## to Boost Your Child's Immune System

With the flu and cold season right around the corner, try simple, natural strategies to help keep your child healthy and strong. These tips can also help the body fight illness more efficiently.

**Eat from the rainbow.** During cold and flu season, it's especially important to avoid non-nourishing foods which can aggravate symptoms and make it harder for the immune system to respond to illness.

"Good nutrition is essential to a strong immune system and it can offer seasonal protection from illnesses, as well as other health problems like allergies," says registered dietitian Joan Sechrist, PhD, Optima Health & Sentara Healthcare.

**Vaccinate.** Stay current on your child's immunizations. "Immunizations in younger years can help prevent disease as kids grow into adults," Sechrist says.

The Centers for Disease Control (CDC) recommends that anyone over the age of 6 months get the flu vaccine, which is one of the best ways to protect your child from influenza. According to the CDC, an average of 20,000 children under the age of five are hospitalized each year due to complications from the flu.

**Get adequate sleep.** Kids need between eight to 12 hours of sleep a night to help keep their bodies strong. Stick to a regular, calming evening routine. Also, power down distracting electronic devices that can interrupt sleep.

**Exercise regularly.** Active kids are healthier kids. Experts recommend that kids get 60 minutes of physical activity every day. Take family walks or bike rides, shoot hoops, swim at your local community center, go roller or ice skating, play hopscotch or toss a ball in the backyard.

**Teach proper hand-washing.** Basic hand-washing with soap and water prevents the spread of disease. Have your child lather for 20 seconds or say the ABCs twice. Avoid overuse of sanitizers, which destroys both good and bad bacteria on the hands.

**Take probiotics.** "Probiotics are fabulous in and of themselves for gut integrity," says naturopathic physician Shelly Clevidence. "For increasing the immune system, they don't have to be live." Look for probiotics in pill form or in foods. If your child is sick, avoid dairy products, which contribute to inflammation and mucus build-up.

**Try castor oil.** Extruded from the castor bean plant, castor oil can be rubbed on your child's belly at night when the immune system is most active, says Leah Hollon, a naturopathic physician. Castor oil, she says, is both anti-cancer and an anti-inflammatory.

"Castor oil is pretty amazing. We find it helps bring more white blood cells into the blood stream to help fight infection," Hollon says. "It also helps get that histamine response down for some kids that have allergies, and it helps them have a good bowel movement." Constipation issues can be worse during flu and cold season.

**Consider elderberry syrup.** Both Clevidence and Hollon say elderberry syrup (also available in a tincture) can help kids fight a cold or flu. "Elderberry syrup is one of my favorites," Hollon says. "My kids love the taste of it. Probiotic, elderberry syrup is antibacterial and antiviral, a general broad spectrum support."

Elderberry has been used for centuries to treat wounds and respiratory illnesses and is thought to reduce swelling in the mucous membranes and sinuses.

\*Consult with your pediatrician before treating your youngster with elderberry.

**Power up with Omega-3s.** A recent study published in the Journal of Leukocyte Biology suggest that omega-3 fatty acids found in fish oil and plant sources, like flax seeds, chia seeds, Brussels sprouts and cauliflower, could also help boost immune function.

Most of all, role model healthy living and your child is likely to follow suit-naturally.

## Try These!

**Integrate these vitamins and nutrients into your family's diet:**

**Protein** boosts the body's defense system (lean meats, beans, nuts, eggs, soy and seeds).

**Vitamin A** helps keep the skin, respiratory system and tissues in your mouth, stomach and intestines healthy (sweet potatoes, carrots, kale, spinach, and apricots).

**Vitamin C** stimulates the formation of antibodies that fight infection (citrus fruits, red bell pepper, papaya and tomato juice).

**Vitamin E** is an antioxidant that neutralizes free radicals in the body (sunflower seeds, almonds, hazelnuts, peanut butter, sunflower/safflower oils, and spinach).

**Zinc** is a nutrient that helps wounds heal and keeps the immune system working properly (lean meats, poultry, seafood, milk, whole grain products, beans and nuts).

## Homemade Chicken Broth

Bone broth is an inexpensive, nutrient-rich stimulant for the immune system.

### Ingredients

- Organic chicken bones
- Organic vegetables (vegetable scraps are fine like carrot peels, tips of celery, etc.)
- Water
- 3 Tablespoons-1/4 cup Apple Cider Vinegar

### Directions

1. Place chicken bones and vegetables in crock pot
2. Cover with water and apple cider vinegar. Cook on low for a day or day and a half.
3. After cooking, strain vegetables and bones out and discard.
4. Use broth for chicken noodle soup or freeze in muffin tins and pop out for use in soups, sauteeing vegetables or as flavoring for other meals.





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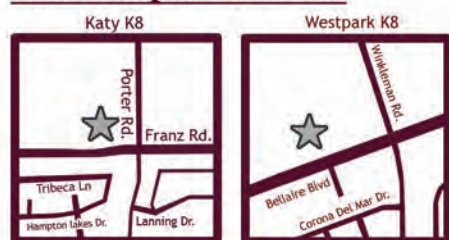
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## The Fun-Time Calendar

October 2016



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

### Oct 1 • Free Hands On Workshop

• 9:00am • Toy Fire Truck with real wheels • Free • At Your Local Home Depot • [homedepot.com](http://homedepot.com)

### Oct 1 • Family Story Time

• 10:15am • Free • Cinco Ranch Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-395-1311

### Oct 1 • Sensory Friendly Family Film

• 11:00am • Brighter lights, lower sound, shorter previews and accepting environment. • Santikos Silverado IMAX • [santikos.com](http://santikos.com) • 281-290-0077 • Santikos Palladium AVX • [santikos.com](http://santikos.com)

### Oct 1 • Sing a Mighty Song Performance by The Houston Choral Society

• 7:30pm • A rousing program of anthems, spirituals, and secular pieces. • \$10-\$25 • The Foundry United Methodist Church • [houstonchoral.org](http://houstonchoral.org) • 832-478-6986

### Oct 3 • Mondays with Mommy - Spooktacular Halloween

• 9:45am • Mondays with Mommy takes children on a monthly fun, educational journey while utilizing music and movement. • LaCenterra at Cinco Ranch • [lacenterra.com](http://lacenterra.com) • 281-395-5533

### Oct 4, 11 & 18 • Mother Goose

Time • 10:15am • Free • Cinco Ranch Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-395-1311

### Oct 4, 11 & 18 • Stories & Play

• 2:00pm • Free • Cinco Ranch Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-395-1311

### Oct 4, 11 & 18 • Pajama Night Story Time

• 7:00pm • Free • Cinco Ranch Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-395-1311

### Oct 4 • Preschool Playhouse

• 9:30am • Bird Feeder: As our feathered friends fly south for the winter, create a feeder to help them along. Plus, clay dough, singing, dancing and story time. • Free • Chick-fil-A Cinco Ranch • [chick-fil-a.com/cincoranch](http://chick-fil-a.com/cincoranch) • 281-395-1114

### Oct 4 • Free Afternoon at Houston Zoo

• 12:00pm • Free • Houston Zoo • [houstonzoo.org](http://houstonzoo.org) • 713-533-6500

### Oct 4 • McFamily Fun Night - Movable Mummies

• 5:00pm-7:00pm • Movable Mummies are the best Halloween decorations out there because they're whimsical, scary, and fun all at the same time. • McDonald's

at Seven Meadows • [theglasergroup.net](http://theglasergroup.net)

• 281-715-2800

### Oct 4 • Family Night

• 5:30pm • Baby Bird Nest: Tweet Tweet! Flap your wings and fly into Chick-fil-A to make a cute baby bird's nest! Plus, complimentary face painting and balloon animals by Sweet Honey the Clown! • Free • Chick-fil-A Cinco Ranch • [chick-fil-a.com/cincoranch](http://chick-fil-a.com/cincoranch) • 281-395-1114

### Oct 5, 6, 12, 13, 19 & 20 • Toddler Time

• 10:15am • Free • Cinco Ranch Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-395-1311

### Oct 5, 12 & 19 • Preschool Story Time

• 11:30am • Free • Cinco Ranch Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-395-1311

### Oct 5 • Preschool Playhouse

• 9:30am • Bird Feeder: As our feathered friends fly south for the winter, create a feeder to help them along. Plus, clay dough, singing, dancing and story time. • Free • Chick-fil-A

Mason Rd • [chick-fil-a.com/masonroad](http://chick-fil-a.com/masonroad)

• 281-579-9460

### 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. • Children's Museum of Houston • [cmhouston.org](http://cmhouston.org) • 713-522-1138

### Oct 5 • Small Fries - Spider Webs

• 10:00am-11:15am • Crawl into October with the cute plastic spiders the kids will receive and since they need a home, we will make them spider webs. • McDonald's of Spring Green • [theglasergroup.net](http://theglasergroup.net) • 2548331488

### Oct 5 • After-School Break

• 4:30pm • Free • Cinco Ranch Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-395-1311

### Oct 5 • Middle School Spot

• 5:00pm • Free • Katherine Tyra Branch Library @ Bear Creek • [hcpl.net](http://hcpl.net) • 281-550-0885

Find even more  
family friendly  
events at  
**KatyParent.com**



**Oct 5 • Family Night • 5:30pm • Baby Bird Nest:** Tweet Tweet! Flap your wings and fly into Chick-fil-A to make a cute baby bird's nest! Plus, complimentary face painting and balloon animals by Sweet Honey the Clown! • Free • Chick-fil-A Mason Rd • [chick-fil-a.com/masonroad](http://chick-fil-a.com/masonroad) • 281-579-9460

**Oct 6 • McFamily Fun Night - Movable Mummies** • Movable Mummies are the best Halloween decorations out there because they're whimsical, scary, and fun all at the same time. • McDonald's of Spring Green • [theglasergroup.net](http://theglasergroup.net) • 254-833-1488

**Oct 6 • Small Fries - Spider Webs • 10:00am-11:15am** • Crawl into October with the cute plastic spiders the kids will receive and since they need a home, we will make them spider webs. • McDonald's at Seven Meadows • [theglasergroup.net](http://theglasergroup.net) • 281-715-2800

**Oct 7 • Princess Play Date • 9:00am** • For girls ages 3 (potty trained)-5 yrs. A day of awesomeness filled with dress up, tea party, story time, craft time and much more. Don't forget to pack a lunch. Pre-register online for \$16 or register at the door for \$20. • Westwood Gym, 23333 Taswell Dr, Katy • [westwoodgym.com](http://westwoodgym.com) • 281-347-2000

**Oct 7 • Live Music with Fuzzylicious • 7:00pm** • Central Green Park • [centralgreenpark.com](http://centralgreenpark.com)

**Oct 8 • Movie Night at Central Green** • Movie starts at dusk. • Central Green Park • [centralgreenpark.com](http://centralgreenpark.com)

**Oct 8 • Parent's Survival Night • 7:15pm • \$30 Members, \$35 Non-Members • The Little Gym of Katy** • [tlgkatytx.com](http://tlgkatytx.com) • 281-347-1400

**Oct 9 • Pet Blessing • 4:00pm** • Bring your furry, scaled and feathered friends (properly restrained, of course) to be blessed in a brief service. All pets may also participate in the pet parade, as well as the look-alike and costume contests! • Living Word Lutheran Church in Katy • [livingwordkaty.org](http://livingwordkaty.org) • 281-392-2300

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

**Oct 10 • Sensory Friendly Day at the Children's Museum of Houston • 10:00am-2:00pm** • Exclusive event for children with Autism Spectrum Disorders (ASD) and sensory processing differences to have a fun, enjoyable and interactive learning experience in a comfortable and accepting environment! • \$5 (free for members) • Children's Museum of Houston • [cmhouston.org](http://cmhouston.org) • 713-522-1138

**Oct 11 • Preschool Playhouse • 9:30am** • Core Essentials Value: Courage. Chick-fil-A sponsors the Katy ISD Core Essential character values program that teaches kids how to treat others right, make smart decisions & maximize your potential. Create a medal of courage to inspire bravery when it's time to do something difficult. • Free • Chick-fil-A Cinco Ranch • [chick-fil-a.com/cincoranch](http://chick-fil-a.com/cincoranch) • 281-395-1114

**Oct 11 • McFamily Fun Night - BINGO • 5:00pm-7:00pm** • It has become our tradition to play this fun game with prizes the second week of every month. • McDonald's at Seven Meadows • [theglasergroup.net](http://theglasergroup.net) • 281-715-2800

**Oct 11 • Family Night • 5:30pm** • Core Essentials Value: Courage. Chick-fil-A sponsors the

Katy ISD Core Essential character values program that teaches kids how to treat others right, make smart decisions & maximize your potential. Use recycled materials to create a mongoose while we learn about Courage from this fearless animal. Plus, complimentary balloon animals and face painting by Sweet Honey the Clown. • Free • Chick-fil-A Cinco Ranch • [chick-fil-a.com/cincoranch](http://chick-fil-a.com/cincoranch) • 281-395-1114

**Oct 12 • Preschool Playhouse • 9:30am** • Core Essentials Value: Courage. Chick-fil-A sponsors the Katy ISD Core Essential character values program that teaches kids how to treat others right, make smart decisions & maximize your potential. Create a medal of courage to inspire bravery when it's time to do something difficult. • Free • Chick-fil-A Mason Rd • [chick-fil-a.com/masonroad](http://chick-fil-a.com/masonroad) • 281-579-9460

**Oct 12 • Small Fries - It's All About The Scarecrow • 10:00am-11:15pm** • I'm A Little Scarecrow Stuffed with hay Here I stand in a field all day. When I see the crows, I like to shout, "Hey! You crows, you better get out!" • McDonald's of Spring Green • [theglasergroup.net](http://theglasergroup.net) • 254-833-1488

**Oct 12 • Kinder Korner • 4:30pm** • Free • Cinco Ranch Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-395-1311

**Oct 12 • School-Age Kids Craft • 4:30pm** • Free • Katy Branch Library • [hcpl.net](http://hcpl.net) • 281-391-3509

**Oct 12 • Family Night • 5:30pm** • Core Essentials Value: Courage. Chick-fil-A sponsors the Katy ISD Core Essential character values program that teaches kids how to treat others right, make smart decisions & maximize your potential. Use recycled materials to create a mongoose while we learn about Courage from this fearless animal. Plus, complimentary balloon animals and face painting by Sweet Honey the Clown. • Free • Chick-fil-A Mason Rd • [chick-fil-a.com/masonroad](http://chick-fil-a.com/masonroad) • 281-579-9460

**Oct 13 • Small Fries - It's All About The Scarecrow • 10:00am-11:15am** • I'm A Little Scarecrow Stuffed with hay Here I stand in a field all day. When I see the crows, I like to shout, "Hey! You crows, you better get out!" • McDonald's of Seven Meadows • [theglasergroup.net](http://theglasergroup.net) • 281-715-2800

**Oct 13 • After-School Break-Fabulous Fabric Pumpkins • 4:30pm** • Free • Fulshear/Simonton Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-633-4675

**Oct 13 • McFamily Fun Night - BINGO • 5:00pm-7:00pm** • It has become our tradition to play this fun game with prizes the second week of every month. • McDonald's of Spring Green • [theglasergroup.net](http://theglasergroup.net) • 254-833-1488

**Oct 14 - 15 • Judy Dierker Holiday Market • 9:00am** • Featuring more than 100 vendors, tea room and Coffee and Treat Shoppe with various foods available for purchase. • Free Admission • The Foundry United Methodist Church, Jones Road • [foundrychurch.org](http://foundrychurch.org) • 713-937-9388

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

**Oct 14 • Boys Play Date • 9:00am** • For girls ages 3 (potty trained)-5 yrs. A day of awesomeness filled with dress up, tea party, story time, craft time and much more. Don't forget to pack a lunch. Pre-register online for \$16 or register at the door for

\$20. • Westwood Gym, 23333 Taswell Dr, Katy • [westwoodgym.com](http://westwoodgym.com) • 281-347-2000

**Oct 14 • Cougar Stars Dance Clinics • 4:30pm** • These camps are for students ages 4-13 who are interested in dance, gaining confidence and learning technique. Participants will have the opportunity to perform with the Cougar Stars Dance Team. Registration details online. • Cinco Ranch High School, Dance Gym • [chrscougarstars.org](http://chrscougarstars.org)

**Oct 14 • Flip Flop Clinic • 7:00pm-9:00pm** • Warm up, basic tumbling, cross tumbling, standing back-handsprings and back-tucks, round-off back-handsprings, layouts, fulls and more. Open to Students & Nonstudents 6-18 yrs. Pre-register \$16, \$20 at the door • Westwood Gym, 23333 Taswell Dr, Katy • [westwoodgym.com](http://westwoodgym.com) • 281-347-2000

**Oct 15 • Movie Night at Central Green** • Movie starts at dusk. • Central Green Park • [centralgreenpark.com](http://centralgreenpark.com)

**Oct 15 • Pokemon Go Tournament • 4:00pm-8:00pm** • Central Green Park • [centralgreenpark.com](http://centralgreenpark.com)

**Oct 17 • Bats: Nothing to Fear • 6:00pm** • A certified Texas Master Naturalist will talk about bats that live in the Houston area. • Free • Fulshear/Simonton Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-633-4675

**Oct 18 • Preschool Playhouse • 9:30am** • Pumpkin Patch: Create a pumpkin patch from fist prints and your own build-a-face pumpkin. Plus, clay dough, singing, dancing and story time. • Free • Chick-fil-A Cinco Ranch • [chick-fil-a.com/cincoranch](http://chick-fil-a.com/cincoranch) • 281-395-1114

**Oct 18 • McFamily Fun Night - Friendly Ghosts • 5:00pm-7:00pm** • No reason to be scared with these friendly faces. • McDonald's at Seven Meadows • [theglasergroup.net](http://theglasergroup.net) • 281-715-2800

**Oct 18 • Family Night • 5:30pm** • Emoji Fun: Emojis are so fun! Create an Emoji mask perfect to show your emotion. Complimentary balloon animals & face painting by Sweet Honey the Clown. • Free • Chick-fil-A Cinco Ranch • [chick-fil-a.com/cincoranch](http://chick-fil-a.com/cincoranch) • 281-395-1114

**Oct 19 • Preschool Playhouse • 9:30am** • Pumpkin Patch: Create a pumpkin patch from fist prints and your own build-a-face pumpkin. Plus, clay dough, singing, dancing and story time. • Free • Chick-fil-A Mason Rd • [chick-fil-a.com/masonroad](http://chick-fil-a.com/masonroad) • 281-579-9460

**Oct 19 • Small Fries - My Frankenstein • 10:00am-11:15am** • The kiddos with put together their own Frankies complete with feet!! • McDonald's of Spring Green • [theglasergroup.net](http://theglasergroup.net) • 254-833-1488

**Oct 19 • After-School Break • 4:30pm** • Free • Cinco Ranch Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-395-1311

**Oct 19 • Family Night • 5:30pm** • Emoji Fun: Emojis are so fun! Create an Emoji mask perfect to show your emotion. Complimentary balloon animals & face painting by Sweet Honey the Clown. • Free • Chick-fil-A Mason Rd • [chick-fil-a.com/masonroad](http://chick-fil-a.com/masonroad) • 281-579-9460

**Oct 20 • Small Fries - My Frankenstein • 10:00am-11:15pm** • The kiddos with put together their own Frankies complete with feet!! • McDonald's of Seven Meadows • [theglasergroup.net](http://theglasergroup.net) • 281-715-2800



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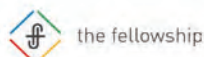
7:10 am	1 mile Kids Fun Run
7:45 am	10K Race
8:15 am	5K Race
9:15 am	1 mile Walk/Run



Register today at [ymcaturkeydash.org](http://ymcaturkeydash.org).

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**Oct 20 • McFamily Fun Night - Friendly Ghosts** • 5:00pm-7:00pm • No reason to be scared with these friendly faces • McDonald's of Spring Green • theglasergroup.net • 254-833-1488

**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 • Batinas Best First Day** • KVPAC • kvpac.org • 281-829-2787

**Oct 21 • Movie Time** • 1:15pm • Free • Maud Marks Branch Library • hcpl.net • 281-492-8592

**Oct 21 • Parent's Survival Night** • 6:00pm • \$30 Members, \$35 Non-Members • The Little Gym of Katy • tlkatytx.com • 281-347-1400

**Oct 21 • Live Music with Cooper Wade** • 7:00pm • Central Green Park • centralgreenpark.com

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

**Oct 25 • Preschool Playhouse** • 9:30am • Action Hero Party: Decorate a hero mask, hunt for gems of power and visit the super selfie station. Plus, clay dough, singing, dancing and story time. • Free • Chick-fil-A Cinco Ranch • chick-fil-a.com/cincoranch • 281-395-1114

**Oct 25 • McFamily Fun Night - Skeleton Tips** • 5:00pm-7:00pm • Skeletons made out of q-tips are not difficult, but they come out looking

super creative and it is a lot of fun. • McDonald's at Seven Meadows • theglasergroup.net • 281-715-2800

**Oct 25 • Family Night** • 5:30pm • Action Hero Night: It's a Bird, It's a Plane! It's Super Cow! Join us for Action Hero night and make your own Super Cow puppet. Kids dressed in Action Hero attire receive a FREE Nuggets Kids Meal (4-count). Complimentary face painting and balloon animals by Sweet Honey the Clown. • Free • Chick-fil-A Cinco Ranch • chick-fil-a.com/cincoranch • 281-395-1114

**Oct 26 • Small Fries - Spooktacular Ghosts** • 10:00am-11:15am • This activity will delight, not fright!! Let's make easy paper ghosts to hang anywhere. • McDonald's of Spring Green • theglasergroup.net • 254-833-1488

**Oct 26 • Family Night** • 5:30pm • Action Hero Night: It's a Bird, It's a Plane! It's Super Cow! Join us for Action Hero night and make your own Super Cow puppet. Kids dressed in Action Hero attire receive a FREE Nuggets Kids Meal (4-count). Complimentary face painting and balloon animals by Sweet Honey the Clown. • Free • Chick-fil-A Mason Rd • chick-fil-a.com/masonroad • 281-579-9460

**Oct 27 • Small Fries - Spooktacular Ghosts** • 10:00am-11:15am • This activity will delight, not fright!! Let's make easy paper ghosts to hang anywhere. • McDonald's of Seven Meadows • theglasergroup.net • 281-715-2800

**Oct 27 • Middle Grade Pumpkin Chunkin'** • 4:30pm • Decorate pumpkins and then chunk them in the library's catapults! • 4th-8th Grades • Free

• Cinco Ranch Branch Library • fortbend.lib.tx.us • 281-395-1311

**Oct 27 • McFamily Fun Night - Skeleton Tips** • 5:00pm-7:00pm • Skeletons made out of q-tips are not difficult, but they come out looking super creative and it is a lot of fun. • McDonald's of Spring Green • theglasergroup.net • 254-833-1488

**Oct 28 • Halloween Craft** • 10:00am-12:00pm • Included with admission while supplies last • 6 yrs and under • \$8.95 - \$10.95 • Giggles and FUN • gigglesandfun.com • 281-492-2000

**Oct 29 • The Wonderland Gift Market Katy 2016** • Cinco Ranch High School • homefortheholidaysgiftmarket.com

**Oct 29 • Pattison Area Volunteer Fire Department Peddler Day** • 9:00am • Pattison Area Volunteer Fire Department • pavfd.com • 281-934-3473

**Oct 29 • Book Sale** • 10:00am-4:00pm • There is a large selection of hardback fiction and nonfiction, as well as children's books and paperbacks. • Maud Marks Branch Library • hcpl.net • 281-492-8592

**Oct 29 • Halloween Extravaganza** • 7:00pm • Pre register - \$25 Siblings \$22; Register at the Door \$30 • Westwood Gym, 23333 Taswell Dr, Katy • westwoodgym.com • 281-347-2000

**Oct 31 - Nov 4 • Teddy-Bear Camp** • Children can bring their second-favorite teddy-bear or toy and sign them up for teddy-bear camp. • Cinco Ranch Branch Library • fortbend.lib.tx.us • 281-395-1311

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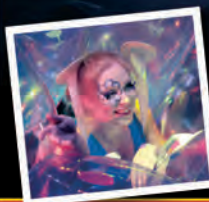
## B-UNDERWATER BUBBLE SHOW

CULLEN THEATER, WORTHAM CENTER

Friday, October 28, 7:30pm

### PERFORMANCE PRELUDE

6:55pm | Wortham Grand Foyer  
Dolce Strings Touring Ensemble



Take a dive into the latest family-friendly sensation with the B-Underwater Bubble Show, starring Mr. B! Using cutting-edge laser technology, snow cannons, soap bubble tornadoes, theatrical fog, and optical illusions, the B-Underwater Bubble Show is an interactive performance that appeals to children and adults alike.

PHOTOS: DACE

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# FIRE SAFETY



DOES YOUR  
CHILD  
KNOW WHAT  
TO DO?

While the death rate dropped 20% in a ten year period, the United States Fire Administration (USFA) reports that over 3,000 Americans still die annually in fires. Don't let your family be a statistic. Your kids practice fire drills at school, but do they know what to do in case of a fire at home? It is crucial that your family has an escape plan, and equally important that you hold your own "fire drill" at home on a regular basis.

## What your family should know:

- Designate two ways out of each room.
- Keep the escape route clear of obstacles.
- Set a meeting place outside the home.
- Always keep door and/or window keys in the same place and tell everyone where that is.
- Make sure windows are not stuck and screens can be removed quickly.
- Place escape ladders near second floor windows. Practice using them from a first floor window.
- Assign one adult to assist each child, as most children will sleep through a smoke alarm.
- Practice feeling your way out of the house in the dark or with your eyes closed.
- Crawl low under the smoke with your head 1-2 feet above the floor. Do not crawl on your belly, as some poisons produced by smoke are heavier than air and settle to the floor.
- Teach your children how to shield their mouths and noses with their clothing or a moist towel.
- Check doors to see if they are hot by touching the door, if so, find another exit.
- Never take an elevator during a fire.
- If your clothes catch fire, Stop, Drop and Roll.
- Don't stop to collect valuables or to call 911. Call 911 from a neighbor's house.
- Once you are out, never go back in to the home. If someone is missing, inform the fire fighters.
- Practice your escape plan at least twice a year with the whole family, including a "fire drill" during the night.

Preparation is the best way to protect your family from a fire. Know the rules of fire prevention, stock your home with fire-safety items and make sure your family knows what to do in case of a fire. A little planning may save your life or the life of someone you love.



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

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**Oct 31 • Teen Time--Halloween Party & Spooky Eye Crafts** • 4:00pm • Come to this Halloween Party complete with ghoulish crafts and scary fun eats. • Free • Katherine Tyra Branch Library @ Bear Creek • hcpl.net • 281-550-0885

**Oct 31 • Family Night** • 5:30pm • Action Hero: It's a Bird, It's a Plane! It's Super Cow! Join us for Action Hero night and make your own Super Cow puppet. Kids dressed in Action Hero attire receive a FREE Nuggets Kids Meal (4-count). Complimentary face painting and balloon animals by Sweet Honey the Clown. • Free • Chick-fil-A Katy Green • chick-fil-a.com//katygreen • 281-578-7171

## Ongoing

### MONDAY

**Baby Time** • 10:15am • Free • Katy Branch Library • hcpl.net • 281-391-3509

**Genealogy Squad** • 2:00pm • Free • Katy Branch Library • hcpl.net • 281-391-3509

### TUESDAY

**Toddler Time** • 10:15am & 11:00am • 18-36 months • Free • Katy Branch Library • hcpl.net • 281-391-3509

**Toddler Time** • 10:15am • 12-36 months • Free • Fulshear/Simonton Branch Library • fortbend.lib.tx.us • 281-633-4675

**Preschool Story Time** • 10:15am • Free ticket is required. First come, first served. • 3-5 yrs • Free • Katherine Tyra Branch Library @ Bear Creek • hcpl.net • 281-550-0885

**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

**Tuesday Craft** • 4:30pm • Free • Katherine Tyra Branch Library @ Bear Creek • hcpl.net • 281-550-0885

### WEDNESDAY

**Preschool Story Time** • 10:15am • Free • Fulshear/Simonton Branch Library • fortbend.lib.tx.us • 281-633-4675

**Preschool Story Time** • 10:15am • 3-5 yrs • Free • Maud Marks Branch Library • hcpl.net • 281-492-8592

**Infant Story Time** • 10:15am & 11:15am • Free • Maud Marks Branch Library • hcpl.net • 281-492-8592

**Toddler Time** • 10:15am & 11:00am • Free ticket required. First come, first serve. • 18-36 months • Free • Katherine Tyra Branch Library @ Bear Creek • hcpl.net • 281-550-0885

**Mommy Matinees** • 11:00am • Enjoy the latest romantic comedy or action adventure without having to hire a babysitter! Crying babies and rambunctious toddlers welcome. • Santikos Palladium AVX • santikos.com. • Santikos Silverado IMAX • santikos.com

**Preschool Explorers** • 11:15am • Free • Maud Marks Branch Library • hcpl.net • 281-492-8592

**Wednesday Wonders** • 4:45pm • Tickets are available 15 minutes before the program begins. • 6-11 yrs • Free • Maud Marks Branch Library • hcpl.net • 281-492-8592

### THURSDAY

**Preschool Story Time** • 10:15am • 3-6 yrs • Free • Katy Branch Library • hcpl.net • 281-391-3509

**Totally Toddler Story Time** • 10:15am & 11:15am • Tickets are given to the first 30 toddlers the day of the event. • 18-36 months • Free • Maud Marks Branch Library • hcpl.net • 281-492-8592

**Infant Story Time** • 10:15am • Free ticket is required, available the morning of the program. • 0-18 months • Free • Katherine Tyra Branch Library @ Bear Creek • hcpl.net • 281-550-0885

### SATURDAY

**Story Time** • 11:00am • Free • Barnes & Noble, The Centre in Copperfield • barnesandnoble.com • 281-861-6842 • Barnes & Noble, West Oaks Village • barnesandnoble.com • 281-293-8699

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

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**Oct 1 - 31 • Pumpkin Patch** • Pick from pumpkins of all sizes and enjoy great family photo opportunities. • First United Methodist Church Katy • firstmethodistkaty.com • 281-391-2121

**Oct 1 - 31 • Pumpkin Patch** • Find a huge assortment of different types and sizes of pumpkins in our pumpkin patch. • St. Peter's United Methodist Church • stpkaty.org • 281-492-8031

**Oct 1 • 4th Annual Family Day Fall Festival** • 9:00am-7:00pm • Pumpkin Patch, special displays, loads of activities for kids, and so much more! • Cornelius Nursery Garden • calloways.com • 281-493-0550

**Oct 1 • Fall Festival & Craft Show** • 9:00am-4:00pm • Grab a friend and join us for shopping, children's activities, petting zoo, and BBQ. • Free Admission • St. Paul's Episcopal Church • stpaulskaty.org • 281-391-2785

**Oct 1 • Saint Maximilian Kolbe Catholic Community Fall Festival** • 10:00am-8:00pm • Flea Market, games, petting zoo, kiddy train and more. • Saint Maximilian Kolbe Catholic Community • stmaximilian.org • 281-955-7324

**Oct 1 • St. Edith Stein Catholic Church Founder's Day Festival** • Noon-10:00pm • Games, Live Entertainment, Games for kids, Bingo, Shopping, and more! • Free • Saint Edith Stein Catholic Church • stedithstein.org • 281-492-7500

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

**Oct 8 - Nov 27 • 2016 Texas Renaissance Festival** • 9:00am • 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 • 36th Annual Katy Rice Harvest Festival** • Sat 10am-11pm and Sun Noon-6pm • Historic Downtown Katy • riceharvestfestival.org • 281-391-5289

**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 • St. John Vianney Annual Bazaar** • 11:00am-6:00pm • Games & rides for all ages, BBQ, food booths, live music, raffle and much more. Rain or Shine! • St. John Vianney Catholic Church • stjohnvianney.org • 281-497-1500

**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 Culture Community Center • houstonitalianfestival.com • 713-524-4222

**Oct 14 - 31 • Zoo Boo** • Come dressed in their 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 - 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 • Pick-a-Dilly Craft Fair** • 9:00am-4:00pm • Handmade items ranging from jewelry, cards, soaps, candles, ornaments, and more. • St. Peter's United Methodist Church • stpkaty.org • 281-492-8031

**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 15 • 7th Annual City of Fulshear Scarecrow Festival** • 11:00am-4:00pm • Collection of creative, full-size scarecrows, live music, carnival, food trucks, pumpkin decorating and much more. All-day Carnival tickets \$10 per person. • Cross Creek Ranch • crosscreektxas.com/scarecrow-fest

**Oct 16 • 3rd Annual Royal ISD Fall Festival** • 6:00pm-8:00pm • Food, games, and activities for all ages. • Royal High School • royalisd.net

**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 • 33rd Annual Texian Market Days Festival** • 9:00am-5:00pm • Historic demonstrations, battle re-enactments, hands-on activities, period entertainment, food & craft vendors. Tickets cost \$15/adults, Ages 5-15/\$10, 4 yrs & under/free. • George Ranch Historical Park • georgerranch.org • 281-343-0218

**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 • ECDC Fall Family Festival** • 3:00pm-6:00pm • Pony rides, petting zoo, face painting and much more. • St. Peter's United Methodist Church • stpkaty.org • 281-492-8031

**Oct 28 - 29 • Field of Screams Haunted Maze** • 8:00pm-11:30pm • \$12 • KVPAC • kvpac.org • 281-829-2787

**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 28 • Family Night in the Patch** • 6:00pm-8:00pm • Live music, bounce houses, food, trunk or treat and more. • Free • First United Methodist Church Katy • firstmethodistkaty.com • 281-391-2121

**Oct 28 • Fall Festival** • 6:30pm-8:30pm • Trunk or Treat, Costumes, games, prizes, and more!!! Tours available. • Free • Children's Lighthouse-Cinco Ranch Location • childrenslighthouse.com • 281-395-4466

**Oct 29 • Wicked Weekend** • 8am-Undead Zombie Run, 11:15am-Fall Craft Market, Trunk or Treat, Costume Contest and more. • KVPAC • kvpac.org • 281-829-2787

**Oct 29 • 8th Annual Howl-o-Ween Fest** • 10:00am-4:00pm • Live entertainment, 'Haute-dog' Fashion Show, pumpkin decorating, trick or treating, and much more. • Bridgeland's Oak Meadow Park • bridgeland.com • 281-213-1131

**Oct 29 • Thrill@The Mill Fall Festival** • 10:00am-3:00pm • Jump in the hay, pumpkin patch, petting zoo, mini-golf, western town, zip-line, playground, and more. • Free Admission • 7 Acre Wood • 7acrewood.org • 936-890-2326

**Oct 29 • Houston Egyptian Festival** • 11:00am-8:00pm • Egyptian dishes, desserts, and more. Ride/pet exotic camels, learn our history and pick up your own Papyrus art with Hieroglyphics. • Discovery Green in Downtown Houston • discoverygreen.com • 713-400-7336

**Oct 29 • Miss Ivy's Spooktacular Halloween Party** • 2:00pm-5:00pm • Spooky games, mysterious tricks and sweet treats will be part of this fun family event. • \$10 adults, \$5 children • Fort Bend Museum • fortbendmuseum.org • 281-342-6478

**Oct 29 • Trunk or Treat** • 6:00pm • Living Word Lutheran Church • livingwordkaty.org • 281-392-2300

**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 30 • 4th Annual Fall Festival** • 4:00pm-7:00pm • Food, face painting, hay-rides, 20-foot slide, play games, and much more. • Free • Trinity Baptist Church • trinity-katy.org • 281-579-6724

**Oct 30 • Fall Festival & Trunk or Treat** • 4:00pm-6:00pm • Come enjoy games, food, moonwalks, prizes, candy, and lots of fun. • Holy Covenant United Methodist Church • holycov.org • 281-579-1200

**Oct 31 • Halloween Event** • Halloween photos, Scavenger Hunt, Trick-or-Treating, Costume Parade, Crafts. • Free • Bass Pro Shop Katy Mills Mall • basspro.com • 281-644-2200

**Oct 30 • 17th Annual Boo Bash** • 1:00pm-4:00pm • Live musical entertainment and activities, and monster-sized Trick-or-Treating. • Free admission; \$4/parking • Traders Village • tradersvillage.com/houston

**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 • houstonsfirst.org • 713-681-8000



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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 your 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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