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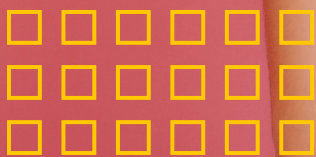
San Antonio
Our Kids
Magazine

10
Stress-Free
Vacation Tips


Summer Jobs

All the experts
agree on summer
job for teens.

Introducing
OurKids Apparel



June 2023 // Vol. 38 No. 6

ourkidsmagazine.com

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A note from the publisher

We're very excited to announce ourKids Apparel, a new way for our readers to support your locally owned magazine. You'll find just a few of our in-house designed products on page 16 and so much more online!

We've crafted awesome designs for your spouse, child or baby. There's something for everyone. Use our website's Contact-Us Page to let us know what you think!



Andres Flores

Author Tanni Haas, Ph.D. pulls together a list of 10 keys to a stress-free family vacation. Be sure to read this before your next family vacation!

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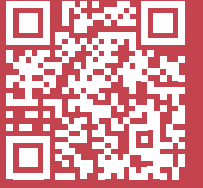
Edited by
Andres Flores

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Calendar

To see more upcoming events, follow the QR code or visit our website at ourkidsmagazine.com



Cinema On Will's Plaza | Dreamgirls
June 9
7:00 pm

Dreamgirls - Cinema on Will's Plaza – FREE EVENT
The Will Naylor Smith River Walk Plaza opens at 7 PM. The movie begins at 8 PM. Full concessions and bar available. Please bring your lawn chair or blanket.



Family Fun Hike - Eisenhower Park
June 10
9:00 am - 11:00 am

We will hike the Cedar Flats Trail to the top of Eisenhower Park, making a few stops for some interesting nature observations (solid surface, 2 miles round trip). This event is free. Registration is required. more info at OurKidsMagazine.com



Let's Beat The Heat at Yanaguana Garden
June 17
11:00 am - 1:00 pm

Enjoy a day of FREE activities and entertainment to keep the whole family cool. We will have fun water activities, watercolor painting, agua frescas, and much more! Don't forget to bring an extra change of clothes to wear.



Full STEAM Ahead at the Briscoe Western Art Museum
July 2
1:00 pm - 3:00 pm

The Briscoe Western Art Museum is steaming into spring by pairing its monthly free days for local visitors with its popular "Full STEAM Ahead" educational series. Families can enjoy hands-on (and fun!) educational activities.



Free Family Nights at The DoSeum
July 3
5:30 pm - 7:30 pm

Explore The DoSeum's fun interactive exhibits alongside your family for free! A link for ticket reservations will be posted on thedoseum.org at 8 AM the morning of Free Family Night. Registration is on a first-come, first-served basis.

Reach the publisher:
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A family vacation is a wonderful opportunity to take a break from our busy, daily lives and do fun and exciting things together. But how do you ensure the vacation ends up being as relaxing as you'd hoped? Based on my own experiences as well as conversations with other parents, I've pulled together a list of 10 keys to a stress-free family vacation.

Take It Slowly

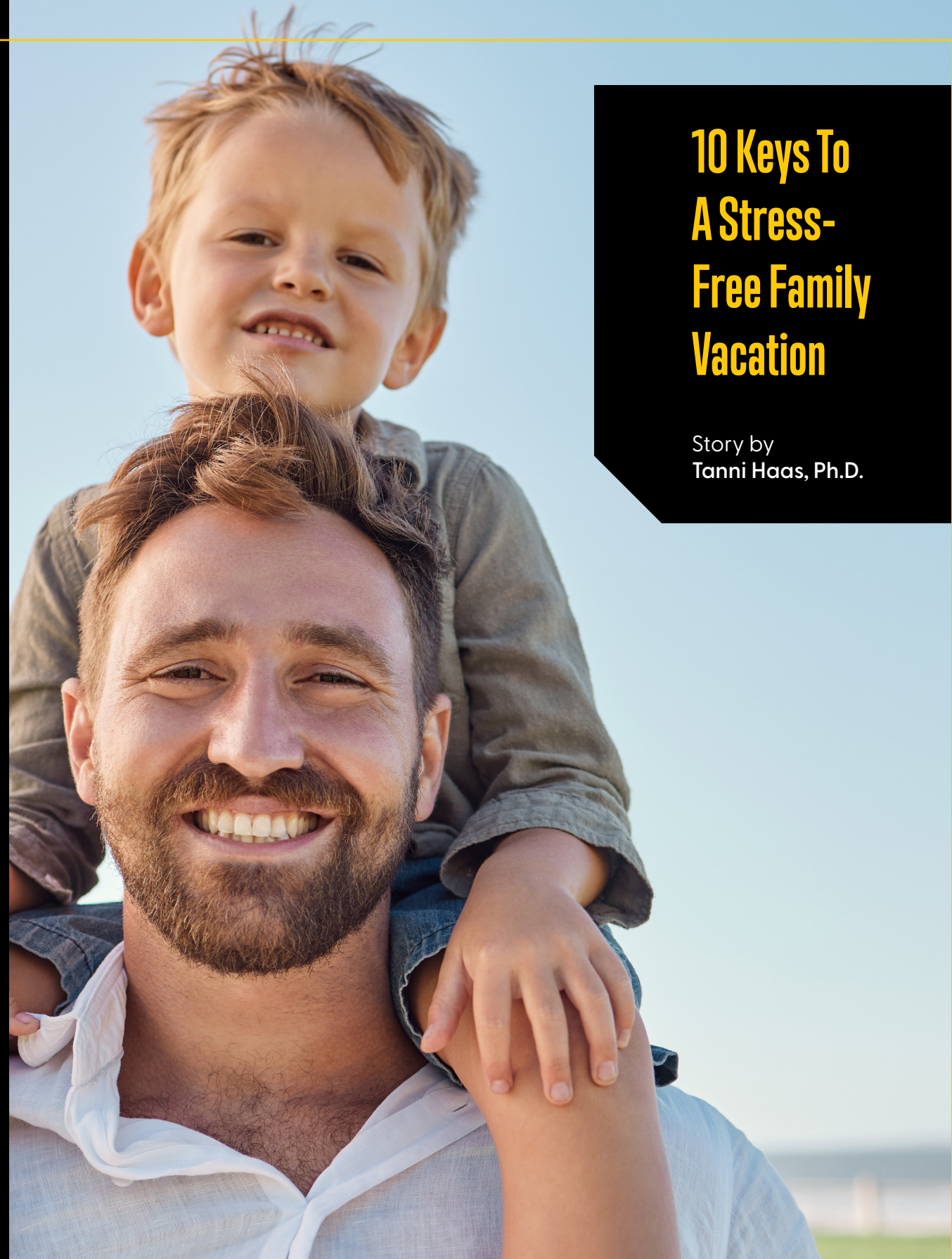
If you want to have a stress-free vacation, take it slowly and leave plenty of time for everything. If you're flying somewhere and need to be at the airport two hours before departure, give yourself an extra hour. If you'd originally planned to visit two or three local attractions a day, spread them out over two or three days. Schedule some downtime every day. A good rule of thumb is that the pace of the trip should be set by what your youngest kid can handle.

Pack Only The Essentials

Pack only the absolute essentials. Don't do what our family used to do, which was to lug around heavy suitcases. Even in even the smallest of towns, chances are you can buy most of things that you need. It's always a good idea, however, to pack emergency essentials like a first aid kit as well as over-the-counter-medication for colds, headaches, motion sickness, and upset stomach.

Bring Plenty Of Snacks

One exception to this "rule" is to pack plenty of snacks. Kids get cranky or



10 Keys To A Stress-Free Family Vacation

Story by
Tanni Haas, Ph.D.

A colorful poster for "Summer Saturdays!" featuring sun icons and text for June, July, and August. It lists dates and times for the events and includes a QR code for registration.

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A poster for San Antonio Independent School District (SAISD) registration. It features the SAISD logo, the text "REGISTRATION IS NOW OPEN", and a photo of two children playing with blocks. It includes a QR code and contact information.

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“hangry” when they need something to eat, and they need it ASAP! Snacks will keep the kids satisfied at all times, and the truth is that you never really know when you’ll be able to feed them their next proper meal. Whether you’re waiting in line at the airport or you’re stuck in traffic on the highway, snacks always

come in handy. Sometimes, you may arrive at your destination only to discover that the kids don’t like, or won’t even try, any of the local food.

... And Entertainment

In an ideal world, the kids’ will spend hours quietly looking out the car window,

mesmerized by what they see or be so excited to be on a plane that they won’t need any other entertainment. That’s rarely the case, though. Kids often get bored by things adults find fascinating, and vice-versa. So, pack lots of entertainment, like tablets loaded with their favorite movies and games.

Bring Books and Cameras

Bring books and cameras. It’s okay to loosen your usual restrictions on electronic gaming a bit – after all, the kids are on vacation. Still, try to also engage them in more educational ways. Bring hard-copy books or download them onto your electronic devices. See if

you can get some great books on audio. Kids love listening to a good story. Kids also love taking photos, so bring cameras for everyone, especially for the young ones who don’t have smart phones.

Make Reservations in Advance

Most people like to be spontaneous. There’s nothing more satisfying than doing what you want to do whenever you feel like it. But, when it comes to vacationing with kids, uncertainty can also be stressful. Consider pre-booking not just your transportation and hotel, but also the local attractions you want to see and restaurants



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where you want to eat. When things are booked in advance, you can just relax and enjoy each other's company.

Let The Kids Own The Trip

Kids can get restless and needy when they're taken out of their usual routines, constantly asking what they'll be doing next and why. One way to avoid this from happening is to include them in planning the trip from choosing the destination, to discussing how best to get there, and what to do when you arrive. When kids take joint ownership of the vacation, everything becomes so much more fun and exciting to them.

Accept That Things Can Go Wrong

It's great to look forward to your vacation, but don't expect that everything will go exactly as planned; that'll only stress you out when something unexpected happens. It may take longer to get to a local attraction than you'd planned, and once you get there you may find that it's closed. Sometimes

you just have to go with the flow.

Split Your Duties

One of the best things you can do for yourself and your partner is to split up your duties. Instead of trying to do everything yourself, which can be stressful, take on different responsibilities or rotate them during the trip. For example, one of you can be responsible for making restaurant reservations, and the other for figuring out how to get to and from the hotel and local attractions.

Keep Everyone Safe

It can be hard to keep track of the whole family. If the kids have their own smartphones, make them download tracking apps so you always know where they are. For younger kids, write down your contact information and secure it in a safe, concealed place on their body, like sewn into a pant pocket. When you're boarding a local bus or train, decide who's going on first and who's going on last to ensure that no one gets left behind.

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Story by
Sarah Lyons

12 Ways to Support a New Mom

Adjusting to having a new baby in the house can be difficult for the whole family. Sleepless nights and a change in routine can leave mom feeling overwhelmed and exhausted. Offering support to a family with a new baby can help them adjust to their new normal. Often when you ask, mom isn't able to think of the exact way she needs help. Here are some ideas:

Stop by the store

Going to the store with newborn and possibly older children for the first time can be a daunting task. Offer to pick up a few things the family needs. This is especially easy if you will be out running errands already. Many grocery stores now offer drive



through pick up. Have the family order and pay for groceries online, then pick them up and deliver them. Helping to put them away would be an extra bonus.

Help around the house

Sweep the floor, fold laundry, vacuum, or do dishes.. Even a little bit of tidying up can make a big difference. A clean house during a time of transition can bring order to a time that feels chaotic. However, mom may prefer to clean herself. Offer to care for the baby and other children while she works on a household project.

Come when others don't

Not all new moms are "new moms". Families that are adding their second, third, or fourth child need help just as much as first time moms, if not more. When there are older children there is no time for resting when the baby rests. Older children do not stop activities just because a new baby has arrived and mom and dad are tired. It can be very difficult to entertain a toddler while mom is nursing or changing diapers. Offer to take care of the older children for mom or offer to take care of the baby so she can spend some alone time with her older children.

Provide a meal

Friends and family often send versatile casseroles like lasagna after the new baby is home. Try thinking outside the 13x9

photography
BY.EMMETT

ANDYEMMETT.COM





Publisher note: This article is in support of new and experienced mothers. While you're bound to experience all the trials of parenting, there's things that everyone around you can do to make it easier. Hopefully, this may give people without kids, mothers, fathers, relatives and friends a new perspective on what they should and should not do around pregnant people or new moms. I interviewed a relative who asked not to be named about her take on others while she was pregnant. What she had to say was notable. According to her - the most helpful thing people can do is keep her company and help out with small chores. Motherhood can be isolating. When a mother has to serve as primary caregiver and a father has to go back to work, having company can make "the day go by faster". New parents are exhausted; so offer to help around the house, but don't over stay a welcome! Open communication can help here. The least helpful thing you can do is give advice that wasn't asked for. My relative has a baby that hardly cries. Most people seem to have this habit of bringing up the 'terrible twos'. Don't do that! Everything is fine! They might be 'terrific twos'. Everyone's experience is different, and there's no need to make a new mother fear what may or may not happen in the future while she's enjoying the best part right now.



pan. Why not bring the family the fixings for breakfast and lunch rather than just dinner?. Stock the freezer with easy, ready to make items like pizza, pasta dishes, soups and crock pot meals. Then the family can pull something out of the freezer when they are not up for cooking. Crunched for time or don't feel like making an extra meal? Bring the family their favorite take out or send a gift card.

Set up a train

When one meal just doesn't cover it, set up a meal train using websites like www.signupgenius.com or www.takethemameal.com. Discuss with the family the most convenient dates and times to deliver meals and solicit friends to fill all the open spots. Social media is a great place to recruit people you might not think to ask.

Let her shower

A new mom may feel she doesn't have time for basic things like a shower, rest, or time to eat a meal. One of the simplest ways to help a new mom is to hold the baby and watch the other children while she eats lunch, enjoys a relaxing shower, or takes a short nap. When mom is rested, fed, and freshened up, it can really make her feel ready to take on the rest of the day.

Help with the older kids

Show support by offering to pick up the older kids, even if it's just for a couple hours. If you are



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taking your own children to the park, swing by and pick up her children for the afternoon. This gets them out of the house and gives mom a break. Driving the kids to school or activities is also a big help for a family with a new baby. Time alone with baby may be just what mom needs.

Ask about her birth story

Giving birth is a huge milestone, an experience no mom will ever forget. Every birth has a story and many times, there aren't a lot of chances to tell it. Ask about her birth story and listen. Becoming a mom is a joyful, stressful, awe inspiring, and life changing experience. Telling the birth story helps women to process and embrace this new journey.

Bring a gift for mom

Many people bring gifts for the baby, but mom is usually the one doing all the work. Bring a snack or treat for mom to enjoy. Other great gifts are ones that pamper mom or make her feel beautiful and comfortable in her postpartum body. Lotion, perfume, a new nightgown, or slippers are some good ideas. A delivery of flowers is another great way to bring cheer and make mom feel special.

Don't stay too long

Families who have newborns generally like to have company, especially if they pitch in around the house and with the kids. However, don't overstay your welcome. New parents tire

easily. Visit the family, bring a meal, and help out but watch for clues from mom as to when the family would like some alone time.

Take her somewhere

Mom may not be able to drive for a few weeks after birth. Offer to take her on errands or just out for coffee. Being able to get out of the house can do wonders for someone's attitude.

Don't give advice

An important tip for anyone chatting with a new mom is to listen but don't give advice unless you are asked. It can be frustrating and overwhelming to get unsolicited advice from everyone she bumps into.

It's important to ask mom what would help her. Would she prefer to have help with housework? Would she like you to hold the baby while she gets some things done? Some moms would prefer to have someone to chat with for a while and some moms may want to get out of the house for a bit. Offer several options and see what sounds most appealing to the new mom. Any offer to help is always appreciated by a family adjusting to having a new baby in the house.



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Encourage Your Teen To Get A Summer Job

Story by
Tanni Haas, Ph.D.

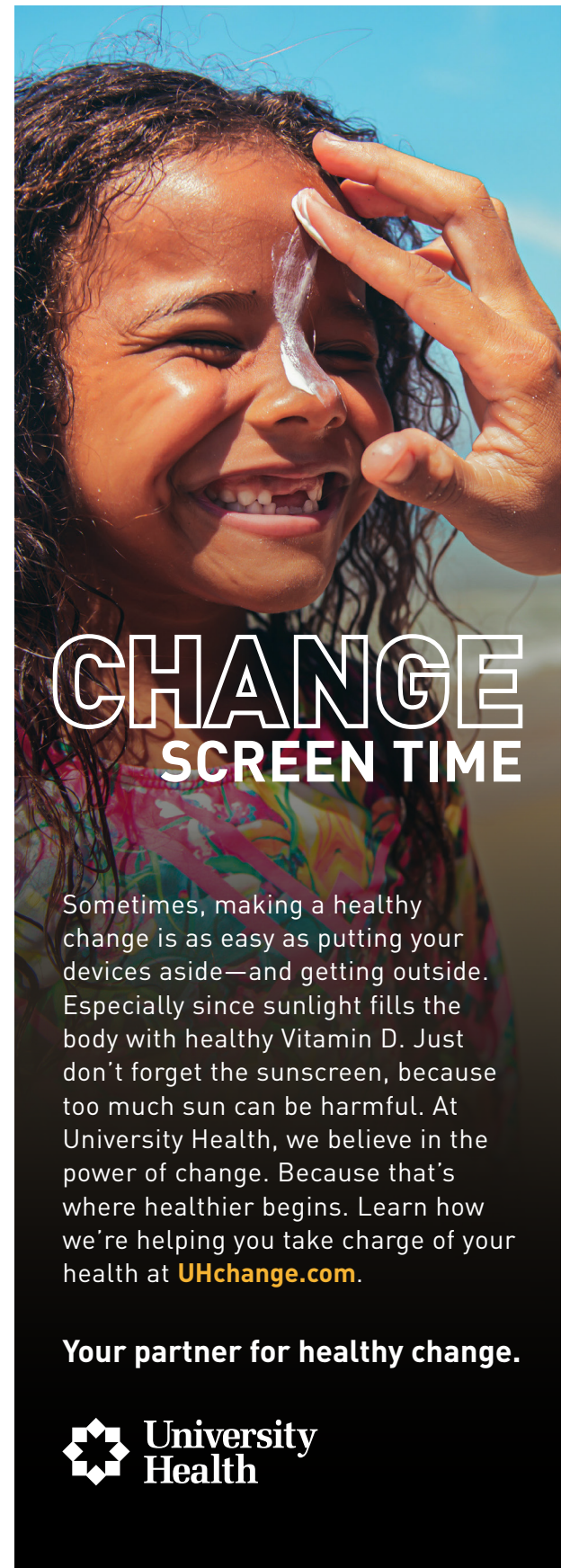
The summer break is long, and it can feel even longer if you don't have any activities planned for your teens. What do you do? Should you send them to day or sleepaway camp, an academic enrichment program, or just let them hang out with friends? The choices are many. One way to keep your teens meaningfully engaged is to encourage them to get a summer job. Experts agree that having a summer job will help them mature in several important ways.

Responsibility

A summer job will make your teen a more responsible person. They'll learn, as Dr. Barbara Greenberg, an adolescent psychologist, says, "the importance of showing up on time and the expectations associated with being a valued worker." Simply put, your teen will learn to show up for work on time daily, follow directions from their supervisors, and complete whatever duties they're assigned.

Management

Your teen will also learn important lessons



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about management, including how to manage their time well, multitask, and interact appropriately with colleagues and customers. As Richard Weissbourd, a researcher at Harvard's Graduate School of Education, says, having a summer job "is a real lesson in how to treat people."

Teamwork

Most summer jobs that teens are qualified for, like working as camp counselors or amusement park attendants, requires them to work well with others, and that's an experience they'll have with a summer job. Dr. Greenberg says that teens "learn about the importance of being a team player which is a valuable skill throughout life." When they work with others, they're exposed to different personalities and points of view which in turn help build empathy. And empathy, according to Michele Borba, the author of *Unselfie: Why Empathetic Kids Succeed in Our All-About Me World*, is an extremely important skill for their future careers.

The Value of Money

Let's not kid ourselves: One of the main reasons why you teen might agree to work in the summer is to earn some extra spending money. Most summer jobs aren't that well-paid but that's not such a bad thing. It'll teach them the value of money. They'll appreciate how hard you work for the money you've been giving them, and they'll learn important lessons about money management. As Kathy Sweedler, a professor of consumer economics, says, "Money management makes a lot more sense to us when it's our own money."

Self-Esteem

Despite the low pay of most summer jobs, having a job will make your teen feel great about themselves. Dr. Greenberg says that "self-confidence and self-esteem increase as a result of being a good worker and earning money." Indeed, a summer job is a wonderful opportunity for your teen to prove to themselves and to you that they're

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good at something. They realize that they're capable of learning and applying new skills, and doing it in new and unfamiliar environments.

College Admission

A summer job can also boost your teen's chances of getting into the college of their choice. A job that's related to their academic interests is impressive

to admissions officers. Dr. Katherine Cohen, the founder of IvyWise, a well-respected college admissions counseling firm, says that a "job that's relevant to a passion the student has will help show admissions officers that the candidate looks for opportunities to learn outside of the classroom." Even a job that isn't related to their academic interests can make a difference,

especially if they work in the same place for several summers and assume additional responsibility over time. As Lisa McLaughlin, an executive at Princeton Review, the well-known test prep company, says: "Scoop ice cream all summer and then do it the following summer as well and hopefully earn yourself a management type position or raise."

Career Preparation

A summer job can also serve as career preparation for your teen. Teens who have summer jobs develop a deep understanding of the world of work and how to do well in it, which in turn can lead to better jobs and higher salaries. They also learn about themselves - their strengths and weaknesses, what they're

interested and not interested in doing professionally - which can help them find careers best suited for them. Finally, they will learn how to job-hunt, interview, and they acquire soft skills like communication and conflict-resolution. Dr. Marc-David Seidel, professor of entrepreneurship and the author of a recent study on the topic sums it up well: "Parents

may think that their kids could do better than a job at the local fast food joint. But our study shows even flipping burgers has value. Working can offer educational and developmental opportunities that prepare adolescents for the real world."



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