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San Antonio

Our Kids

Magazine



How to Develop Momfidence

10 Parenting Tips for Ages 0 to 5

Local Story: Meet Journey

2 Year Old Journey has been to 45 National Parks and Counting!

Baby Issue



November 2022 // Vol. 37 No. 8

ourkidsmagazine.com

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A note from the publisher

Mid-October, I got to meet Journey Castillo, a two year old who has visited 45 National Parks. I had the opportunity to learn why traveling to these parks was so important to the Castillo Family. For the first time ever, OurKids Magazine is putting out a video interview. We're proud to present OurKids Digital and OurCommunity, two new projects that aim to bring local stories to the magazine! Learn more and follow the link on page 14!



Andres Flores
Andres@ourkidsmagazine.com

Writer Kimberly Blaker gives our reader 10 parenting tips that can help new parents with children up to the age of five.

Find on page 08



04



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Calendar

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



Story Time At Hemisfair
Tuesdays
10:00 am - 11:00 pm

Hemisfair's weekly Story Time takes place outdoors in Yanaguana Garden. Join us on the Reading Rug in Goliad Plaza (near the gondolas) for our Book of the Week and STEAM-related activity. Go online for more information!



Free Family Day:
I Believe
Nov 6
1:00 pm - 4:00 pm

Poetry, music, artmaking, and creativity collide. Drop-in art experiences inspired by the art of Benny Andrews & Deborah Roberts activate McNay spaces indoors and on the grounds. Registration opens October 24, 2022.



Free Family Nights
at The DoSeum
Nov 7
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.



Cinema On Will's Plaza |
Fantastic Mr. Fox
Nov 11
Opens 6:30 pm

Fantastic Mr. Fox Cinema on Will's Plaza – FREE EVENT The Will Naylor Smith River Walk Plaza opens at 6:30 PM. The movie begins at 7:30 PM. Full concessions and bar available. Please bring your lawn chair or blanket.



Kid's Day Out
in New Braunfels
Nov 27
7:30 am - 6:00 pm

Spend the day at the Landa Recreation Center with fun filled activities such as games, crafts, movies and more on your days out of school. Campers will delight in a variety of activities and adventures in Landa Park!



Joy to The World 2022
Dec 04
12:00 pm

A Celebration of all things Winter and December! Experience traditional & contemporary stage performances in music and dance while shopping at the Rolling Oaks Mall

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Pam Moore is an award-winning freelance writer, intuitive eating coach, and host of the Real Fit podcast. Get her free guide to improving your body image at pam-moore.com.

Why Giving Birth is Nothing Like a Marathon

Story by
Pam Moore

People often say giving birth is like running a marathon. Those people either don't run, never had a baby, or they enjoy messing with pregnant women. I've run six marathons, completed two Ironman triathlons, and I've given birth to two babies minus pain meds. I think it's fair to say I'm an expert when it comes to the running/birthing comparison. Trust me, they have nothing in common.

You can train for a race. You can't train to give birth.

No matter what anyone has told you, nothing feels like having a baby except actually having a baby. During my first pregnancy, I kicked my swollen feet up and pored over stacks of birth-related books. I interrogated every mother I knew about her

labor. I bought special perineal massage oil so my husband could stretch me out, um, down there, to get my body ready for the real thing. I'd like to punch whoever came up with that idea. Just, no. This makes as much sense as giving a pie-eating contestant a few petit fours as a training exercise.

The race course is marked. The course of your labor is not.

Every race—whether it's a marathon or a 5k, has a beginning, a middle and an end. You know roughly how long it will take to reach each mile marker. The course of labor, on the other hand, is about as straightforward as a game of Candyland. You could be having contractions for days and be only a couple centimeters

dilated. Or you could have a few painful contractions and squeeze a baby out an hour later. Seriously. My neighbor woke up in the middle of the night with a cramp and she was barely out of her pants before she gave birth in an ambulance.

You can quit a marathon. You can't quit childbirth.

While you're running a race, you might see spectators holding signs that say things like "Quitting is Not an Option." They are wrong. Quitting is totally an option. All you have to do is step off the course and get an Uber.

Childbirth, as the name suggests, is not over until a child is born. Whether drugs, forceps, incense, scalpels, or prayer beads help you get that baby out, you're not done until a baby emerges.

Crowds are awesome at a marathon. They are not awesome at a birth.

I don't know about you but I can hardly relax enough to poop in a public bathroom. "I really think I could get this thing done on the next push, if only there were a few more medical-type people in here, staring at my crotch, waiting for me to have a baby!"

said no one, ever. And if the thrill of have an audience wasn't enough, you also have the pleasure of rocking a one-size-fits-no-one hospital gown.

Yes, running and having babies both cause you to wish you were dead. Both have the potential to make you puke. Being able to persevere through either one is certainly something you will be proud of forever. I get why people are quick to compare the two. But after a race, you can kick your feet up and rest. Once you have a baby, you realize the hard work has only just begun.



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10 Parenting Tips for Ages 0 to 5

Story by
Kimberly Blaker

Despite the rewards of being a parent, each stage of your child's development also brings its fair share of challenges. The following tips can help you overcome some common battles.

It'll make you feel better. Does your child protest taking yucky medicine? If so, mask the flavor by mixing it with strawberry or chocolate syrup.

Potty training challenge. Offering toddlers rewards can work wonders with potty training. So fill a bowl or basket with small prizes, and let your toddler choose one each time he potties like a big boy. Keep it interesting by offering a variety of inexpensive prizes. Happy meal toys, stickers, gumball machine prizes, bite-size candy bars, mini Playdough containers, markers, or anything your toddler finds intriguing should do the trick.

Hair washing horrors. Most youngsters love bathtime play. But when it comes to washing their hair, you'd think you're torturing them. Many young children hate water running down their faces. So fill the tub just 3 inches deep. Then roll up a rubber bathtub mat, and have your child lie on their back with the mat underneath their neck. With your child's face above water level and head tilted back, the water will run away from your child's face when you rinse. When you're done, fill the tub a little more, and reward your child with playtime.

Binky battle. Are you starting to think your toddler or preschooler will be heading off to school with a pacifier? If your child is really dependent on it, the best approach might be to wean your child gradually. Make a new rule that your toddler can have it only at nap time and



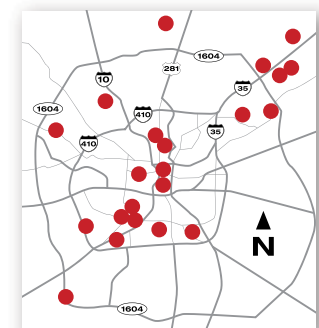
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bedtime. The added bonus is your toddler might be more cooperative at naptime and bedtime to have the pacifier. Once your child is adjusted to the weaning, take the final step, and eliminate it altogether.

The hellacious tantrum. Parents often resort to a variety of ineffective tactics to bring tantrums to a halt. Usually, the best tactic is to ignore it, especially when you're not in public, and your child isn't acting aggressively. Just calmly state you're leaving the room and will return when your child calms down. Then walk away. Your child will soon realize the tantrum isn't going to help her get her own way. Removing yourself from the situation will also help you keep your cool and reduce the risk of caving in to your child.

You win some; you lose some. When playing games with preschoolers, it's tempting to always let them win. No one likes to see their child disappointed or storm off from losing. But learning to accept losing is essential to your child becoming a good sport. So the next time you play a game, allow your preschooler to lose. Then teach your child to shake the winner's hand. Tell your child 'good game,' and praise your child for handling the loss like a good sport.

Eek! Germs. It may seem counterintuitive, but exposure to bacteria is necessary to help kids build up their immune systems. So don't be a germaphobe. It doesn't mean you should intentionally expose your child to the flu or allow your toddler to crawl on the dirty bathroom floor. But allow your baby or child reasonable exposure to dirt and bacteria. In fact, playing outdoors in the dirt is actually healthy for children to build their immune systems. If your toddler happens to eat a cracker that fell on your living room floor, don't panic.

Of course, what is reasonable and safe during a pandemic is much more limited. Before COVID-19, getting your baby or child



Kimberly Blaker is a freelance writer. She also owns an online bookshop, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed, and first editions; fine bindings; ephemera and more at sagerarebooks.com

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The logo for Imagine Arts Academy features the Crayola logo at the top, followed by the word 'IMAGINE' in large, colorful letters inside a cloud shape, with 'ARTS ACADEMY' underneath. Below the logo, it says 'for Kids Ages 5-12' and 'Parties, Classes, Camps, and More! Virtual & Socially Distanced Options Register your child today!'. At the bottom, it provides the website 'imagineartsacademy.com' and the phone number '210-651-1143'. The background is decorated with green leaves and red berries.

The logo for Mad Science features the words 'Mad SCIENCE' in a stylized font with a globe icon. Below it, it says 'PARTIES & FIELD TRIPS' and 'Hands-On Science Fun In Person or Virtual!'. The phone number '210-651-1143' is prominently displayed. At the bottom, it says 'SANANTONIO.MADSCIENCE.ORG' and shows a young girl holding a globe.



out of the house regularly for exposure to other people was recommended. Studies find kids exposed to infections earlier in life have greater immunity, so they're less likely to be affected by exposure as they grow. But for now, playing it safe is vital. So abide by social distancing and sanitary guidelines for children released by Centers for Disease Control.

Can I have my bed back, please? There's a lot of debate over cosleeping. Although most experts agree, it's really up to the preference of parents. There are both benefits and drawbacks for children and parents alike. But often, cosleeping becomes a ritual that parents never intended. Once it begins, it's a challenge to get a child back to sleeping in their own bed.

To take back ownership of your bed, tell your child, "you're a big girl now, so it's time to

sleep in your own bed." Then, sit in a chair right next to your child's bed to keep him company, as Meri Wallace LCSW, in "6 Steps for Getting Your Child to Sleep Alone," suggests. Over a few days, gradually move your chair further from your child's bed. Once your child grows more comfortable, say you're going to the bathroom or kitchen and will be right back, and do just as you promised. Eventually, your child will adjust to your absence and be able to go to bed alone.

Sleep, baby, sleep. Swaddling is a particularly useful way to get babies to sleep because it feels similar to what they experienced in the womb. Start by laying a blanket out flat in a diamond. Then flap the top corner over about 4 or 5 inches. Lay your baby on the blanket with the base of its head at the edge of the flap. Flap the right side and then the bottom over

your baby. Then flap the left side over and wrap it around, so your baby is comfortably snug.

One more bite, please. There's no doubt that vegetables top kids' list of the most-unappetizing foods. That's because vegetables tend to lack flavor in comparison to other foods. You can make veggies more palatable by adding sugar, salt, or fat, the flavors kids and adults often crave. Just keep it healthy by not overdoing the added ingredients.

An alternative, healthier approach is to reduce the sugary, salty, and fatty foods in your child's diet. When the palate isn't used to these additives, vegetables tend to taste better. Kids do still need a healthy amount of fat in their diets. But the American diet, even for kids, is far fattier than is necessary.

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Introducing ourCommunity. Look for this section in each issue learn more about interesting people in our community and learn to find hotspots, attractions, and events happening in San Antonio

Follow this link to watch our interview with the Castillo Family and Ranger PT Lathrop from San Antonio San Antonio Missions National Historical Park, or go to our website at ourKidsMagazine.com and find the article: Meet Journey



Journey Castillo at Lassen Volcanic National Park in northern California. Photo by: Valerie Castillo



Meet Journey

an ourKids DIGITAL Interview
by Andres Flores

I didn't know what I was expecting when I set up an interview with Eric, Valerie and their daughter Journey, a two year old who has been to 45 national parks. That number will have already increased by the time you read this at home.

Forty-five is a big number... And Journey has a big personality to boot. She loves the outdoors, and knows what to do when it's time to snap a few photos. Eric and Valerie Castillo have documented every trip since she was born and have organized them on Journey's very own website.

So, you might be thinking 'Will she even remember this?' Or simply 'Why?'. I took a walk at San Antonio Missions National Historical Park with the Castillo family to learn more about why national parks are so special to them and their daughter.

Eric and Valerie say their family hikes are a great way to connect with nature, stay healthy, and take a break from technology. But, that's not all we covered during our talk.

I was pleased to meet the Castillos and to visit the park for the first time. I wish I could share the entire conversation here, but I'm happy to announce OurKids DIGITAL. Our new series of digital content. Follow the link at the top right of the next page to learn about the Castillos and watch my conversation with PT Lathrop, Chief of Interpretation & Education at San Antonio San Antonio Missions National Historical Park as we discuss what the park can provide local families.

Attraction: San Antonio Missions National Historical Park

Since 1916, the American people have entrusted the National Park Service with the care of their national parks. The National Park Service preserves, unimpaired, the natural and cultural resources and values of the National Park System for the enjoyment, education, and inspiration of this and future generations. In 1978, the Spanish colonial missions in San Antonio became a part of this family.

The San Antonio Missions tell the stories of the people who came into the Spanish missions to live in the 1700s. Acculturating and converting the indigenous population in order to become Spanish citizens reverberates today in the southwest United States. Our history is part of who we were, who we are, and who we will be. The National Park Service invites you to discover American history in all its diversity at San Antonio Missions National Historical Park.

From left to right, PT Lathrop, Journey Castillo, and Rachel Reed at San Jose Mission. Photo by: Valerie Castillo





How to Develop Momfidence

Story by Sarah Lyons

Parents begin preparing for a new baby's arrival from the moment they receive a positive pregnancy test. They research car seats and baby gear, prepare the nursery, and read books on baby care. No matter how much you do prior to birth, nothing can truly prepare you for the exciting and overwhelming moment when you bring the baby home from the hospital for the first time and realize you are responsible for a beautiful tiny person. Even experienced moms may feel overwhelmed as they add another family member to an already busy household. Over time, mothers can build their confidence or "momfidence" and feel more comfortable taking care of their children. Here are some tips to help you feel more comfortable and confident as a mom.

Bond with baby

Simply spending time with your baby one-on-one will help you build confidence. You are capable of feeding,

changing, loving, and caring for your baby's needs. As you get more experience, give yourself a pat on the back. You were chosen to be the mother of your baby and you are the perfect person for the job.

Trust your instincts

Many new moms feel like they are flooded with unsolicited advice that is sometimes helpful and sometimes not. Learn to trust your instincts when it comes to advice. Well meaning advice from your great-aunt who raised kids in the 1950's is likely to be outdated. Only you and your partner can decide what is best for your child's individual needs. When in doubt, consult your pediatrician, they are happy to answer questions, especially from new parents. Abby Vanden Hull, Olathe mom of four, suggests surrounding yourself with people that can support and cheer you on. "Finding online groups for people in the

Sarah Lyons is a freelance writer and mom of six kids including triplets. She enjoys reading, cooking and spending time outside with her family.

same stage of life helps on the days when I am feeling down and alone because it's always there when I pick up my phone."

Practice self care

It's no surprise that new moms are often exhausted, forget to eat and drink, put others' needs before their own, and feel they don't even have time to wash their hair. A nap, shower, and a decent meal can do wonders for your attitude and outlook. If needed, ask your significant other, family member, or friend to watch the baby for a few minutes while you take care of your own needs. You will be surprised at how relaxed and confident you feel when you return to care for your children.

Don't compare

Comparison is an easy pitfall for most parents. Do your best not to compare your children to others around you or on social



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media. Every child develops at their own pace and has their own strengths and challenges to overcome. Similarly, each mom will parent differently and have individual values, strengths, and weaknesses to overcome as well. Olathe mom of three, Jessica Kendall says, "Be true to who you are, your time constraints, your interests, and your kiddos' needs. Forget the rest." Figure out what is important to your family. What are your values? What are your pet peeves? What helps your household run smoothly?

What things can you let go of? No family will have the same dynamic and that is perfectly okay. Taking stock of what is truly important to you and your family will help you adjust accordingly and feel more confident in your parenting skills.

Be kind to yourself

I woke up with a start and heard my baby screaming from his room. Exhausted from a series of sleepless nights, I had fallen asleep on the couch during his nap and forgot to turn on the baby monitor. I rubbed the fog

from my eyes and raced to his bedside. It was clear he had been crying awhile and I felt like a terrible mom. Even when moms have the best intentions, they make mistakes. Be kind to yourself and don't beat yourself up. Maybe you will forget to buy diapers, skip a bath, have to let them cry while you tend to another child, and they will have normal bumps and bruises. Just because you make mistakes in parenting, does not mean you are a bad mom.

Parenting is a job that is always

changing. As soon as you develop a routine and things calm down, your child develops a new skill, a new challenge arises, or your situation changes. With each developmental milestone, give yourself a pat on the back. You are a wonderful, confident mother and you deserve to celebrate alongside your child. Parenthood is the most overwhelming and rewarding job you will ever have and over time you will develop "momfidence" in your skills as a mom



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Your OB/GYN Timeline

Story by
Sarah Lyons

You've received a positive pregnancy test and it's time to prepare for the new baby's arrival. Expecting a baby is an exciting time. Over the next nine months you will prepare the nursery, buy a car seat, pick out baby clothes, and purchase baby gear and gadgets. Prenatal care is one of the most important ways you will prepare for your baby. Good prenatal care is vital for the health of mom and the development of the baby and includes regular visits to your OB/GYN. You may be wondering what to expect at your prenatal appointments and what the timeline looks like. While every pregnancy is different and there are always exceptions, here is a quick breakdown of what one can expect for the OB/GYN timeline of the average pregnancy.

Your first appointment (6-10 weeks)

After you receive the positive pregnancy test, contact your doctor to schedule your first visit. They will typically see you between 6 and 10 weeks gestation. You can expect to go



over your health history, risk factors, and discuss any diet and lifestyle changes you may need to adjust during pregnancy. Your doctor will also ask for a list of your current medications and may make adjustments. They will also check your weight, blood pressure, and take a urine sample. The doctor will calculate your due date and go over the schedule of future prenatal appointments. They may do an early ultrasound to check on the baby's development, do a pelvic exam with or without a pap smear, and order blood work to screen for medical conditions and check hemoglobin. This is a great time to address your questions and concerns regarding pregnancy, delivery, and your health as well as the baby's. (Mayo clinic)

First trimester appointments (10-14 weeks)

After your initial visit, the appointments should become shorter in length and you can expect to visit your doctor about every 4 weeks unless your pregnancy is determined to be at higher risk. At your second appointment the doctor should be able to hear the baby's heartbeat via doppler (usually around 8-10 weeks). Each visit your doctor will check your weight, blood pressure, and take a urine sample and you will have an opportunity to ask questions and voice concerns. (Mayo clinic)

Second trimester appointments (14-26 weeks)

During the second trimester, women often experience less nausea, more energy, and begin to

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feel more comfortable with their changing body. You will continue to visit the doctor every 4 weeks during this time and can expect a similar experience as previous visits. They will continue to check your vitals each visit, monitor fetal growth and movement, and track fetal growth. During the second trimester you will have the opportunity for additional testing including blood work, fetal testing, and genetic testing to check for abnormalities. You may also have an anatomy scan done via ultrasound to check on the development of your baby's vital organs and you will be given the opportunity to find out the sex of your new addition. Your doctor will also begin to

discuss delivery expectations and create a birth plan. This is also a great time to take birthing classes, tour the birthing center, and take care of the pre-registration paywork. (Mayo Clinic)

Third trimester appointments (26-40 weeks)

During the last trimester you can expect to visit the doctor more often. The typical schedule is every 2-4 weeks for 24 to 36 weeks gestation and every week from 36 weeks gestation until delivery. In addition to tracking your weight, blood pressure, and fetal development and growth, your doctor will also ask you if you are experiencing

any labor symptoms and will let you know what to look for as delivery approaches. You will likely be checked for B Strep, gestational diabetes, and the baby's position will be monitored before delivery. You can expect to have pelvic exams to check for signs of labor in the later part of your third trimester. This is a great time to pack your hospital bag and get last minute preparations in order before the baby's arrival. (Mayo clinic)

Every pregnancy is different and many factors will determine the timeline your doctor will set for prenatal visits. Check with your doctor and follow their guidelines for the best care for you and your baby.



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