

RAISING THE FUTURE

Parents®

**Back
to
School
for
Real**

Off They Go!

CELEBRATE
THE BIG RETURN

GROW CLASSROOM
CONFIDENCE

ROCK THOSE
PLAYDATES AGAIN

PLUS
75
SNACK
and LUNCH
IDEAS

Leslie Odom Jr. &
Nicolette Robinson
with Lucille and Able

Today, snack a little bolder.



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SEPTEMBER.



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On the Cover

Leslie Odom Jr. and Nicolette Robinson with their children, Lucille, 4 years, and Able, 3 months. Photograph by Chrisean Rose. Leslie's wardrobe styling by Avo Yermagyan. Nicolette's wardrobe styling by Lindsey Dupuis Bledsoe. Associate stylist, Ryann Redman. Children's wardrobe styling by Ashley Montague. Makeup by Mirna Jose. Prop styling by Gabriela Cobar. On Leslie: Suit, AMI. Shirt and vest, Missoni. Shoes, Dunhill. On Nicolette: Dress, Theory. Shoes, Open Edit. Jewelry, Bayou With Love. On Lucille: Shirt and skirt, TiA CiBANI. Shoes, Adidas. On Able: Shirt and pants, TiA CiBANI. Illustrations by Super Freak.

WHAT'S THE
BEST THING ABOUT
HAVING YOUR
CHILD GO BACK TO
SCHOOL?

Parents®

"Peace and
quiet! And the
chance to
organize their
rooms now
that they are not
home."

"Let's face it:
the end of
midday
video-game
playing."

"Finally
having them
out of
the house!"

"Every year,
I take a picture
of my kids on
the first day.
Last year, they
were in pj's at
home. I will
be happy to
have a picture
with them
out the door
this year!"

"They will
finally get the
new backpacks
they have
been asking
for!"

JULIA EDELSTEIN

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The Wonder of School Drop-Off

IT WAS MY first parent-teacher night, one of those small but mighty milestones that make you feel as if you've truly arrived as a mother. I was sitting on a folding chair at the nursery school where my firstborn, then age 2, was enrolled three mornings a week. As the teachers' presentation concluded, a fellow mom raised her hand. "I've noticed that Sophie has been singing songs I don't know," she said. "Could you possibly email out videos of the songs you'll be covering this year so we can sing along at home?"

Before the teachers could answer, a dad across the room chimed in: "Oh, and to piggyback on that, could we also get the titles of all the books in the classroom?"

It had never occurred to me to ask for the names of these books and songs, but now that my peers expressed interest, I wondered if I had been too checked out. The head teacher, Dana, smiled and looked out at the sea of new parents, all sitting at full attention amid bins of Magna-Tiles and dress-up clothes. "I understand wanting to know what the kids are singing and



reading," she started, "and we do send photos, videos, and summaries that tell you quite a lot."

She paused, then bravely went on. "But school is about letting your child live a life beyond you. For two and a half hours, three days a week, your kids get to have experiences that they can share with you—or not. Part of sending your kids to school is about making peace with not knowing."

I had shown up at that school event expecting a baby-carrots-and-hummus buffet and small talk. But I left with a lesson I now revisit every September as my kids, currently 7 and 4, begin a new school year. Inevitably, at some point on the first day, I yearn for the year before, when I still had classroom-door drop-off or "Family Friday" visits or some other way to insert myself into their lives. But then I think back

on Dana's words and realize my diminishing vantage is a good thing. Dropping them off isn't just practice for greater goodbyes to come; it's a chance for my kids to tell their own story.

For the past 18 months, many families across the world have missed out on that opportunity. We overheard every song, math problem, and read-aloud from Zoom screens at our kitchen table. Our kids didn't have to share how school was going because we already knew.

That insider access was eye-opening and—as my 15-year-old self used to say—TMI. What we saw and heard may have warmed our hearts and made us laugh, but it also sent us into spirals of anxiety: How would our kids ever learn to work with others? Were the other students having as hard a time? Why doesn't my child participate more?

As we embark on a live, in-person school year, the relief is palpable. And yet, making peace with "not knowing" may be a particularly tough adjustment for us grown-ups. It's no surprise that in *Parents'* first-ever Back-to-School Survey, 82 percent of parents said they wanted to increase their involvement in their child's school this year. (For more results, see page 37.)

I don't have a magic formula for stepping back without worry, but I do know that it helps to feel prepared. Our back-to-school package (starting on page 32) is a treasure trove of advice crafted to help your family take on this transition confidently and comfortably. You'll find everything from cheerful lunches (page 50) and teacher tips (page 69) to guidance on separation anxiety (page 46) and academic catch-up (page 62).

I hope it inspires you to boldly embrace the mystery of school. And if you're still nervous? Just remember the wise words of Dana.

Julia



Visit Me on Instagram
Hover your phone's camera over the smart code to catch my feed.



here's nothing like the thrill of our child's first first signing

➔ e're here to help E il JuliaE@parents.com to tell e about the topics ou d li e to see in future issues of *Parents*

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EASY OFF!**

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PLAYBOOK

Your guide to making the days easier
and the journey sweeter

LET THERE
BE
DELIGHT!



←
Plant the
seeds
for a successful
school year.

M

You want to ace the first day of school as much as your kid does. A good way to catch them off guard is to surprise the teacher with the classroom equivalent of a housewarming gift. Start by helping your little learner make cool designs on a small terra cotta pot

using acrylic paint. Then head to a garden center and pick out a plant that's ridiculously easy to care for, like a cactus or succulent. Keep them punny by sticking in a garden stake or a toothpick with a note that says "Thanks for helping me grow."

TAKE

RE ESS OR
YO R RAIN

Calling all teacher moms! Try this exercise to quickly calm your mind when you're back in the classroom this year.

1

Sit or stand still.

2

Listen for the farthest-away sounds you can hear (traffic, birds) for 30 seconds.

3

Now listen for the sounds in your building (students shuffling in the hall, a door slamming) for 30 seconds.

4

Focus on sounds directly in your classroom (the ticking clock, a humming fan) for 30 seconds.

5

Take the last 30 seconds to listen to your own breath.



Source: Jennifer Cohen Harper, founder of Little Flower Yoga, a program that brings yoga and mindfulness to schools.

/ I YO AS ME /

"How can I be more involved in my kid's school without getting in over my head?"

Three parents, no wrong answers




"First, ask: 'Why am I getting involved?' While your volunteerism is likely not going to help your child academically, it could advance your own leadership skills. Plus, it aids the school overall. Find something that aligns with your expertise to avoid feeling overwhelmed. (If you're a top sales rep at your company, sign up to sell auction tickets. If your home is always decked out for the holidays, volunteer to decorate for the school dance.) Then, before getting involved, ask the right questions: 'How often does the committee meet?' 'What are the specific goals?' 'Was there a volunteer in this job before who I can talk to?' By understanding what's needed from you, you'll avoid overcommitting."

—Tiffany Dufu, founder and CEO of The Cru and mom of two
 @tdufu




"There's nothing like getting involved in your child's school. I am a full-time attorney who has carved out time to serve as PTA president at my daughter's elementary school and vice president at my son's middle school. I started small by volunteering at after-work events, and then I volunteered for activities during the day. When I joined the executive board, I took on the secretary role. I try to coordinate events well in advance so I can take off work. Seeing my kids excited for the things I run is worth the time out of my schedule. Another bonus: the lifelong friendships I've made with fellow board members and PTA volunteers. I wouldn't trade that for the world."

—Madelynn Liguori-Linkh, PTA president and vice president in Brooklyn, New York, and mom of two
 @MaddieL74



"Parental involvement is so important. When I think about traditional examples, the PTA and bake sales come to mind. But these roles aren't always accessible for all parents. The time I have to volunteer at the school is limited, so I look for ways that I can connect with my child's class. Think about the curriculum and what your child is learning. How can you contribute and create authentic experiences to extend that? You might read a book to the class or teach an art project related to a lesson. If you hope to have a broader impact on the school's culture, volunteering at an open house and being a host family for a new student and their family in your child's grade are nice ways to stay engaged."

—Cendhi Arias Henry, a second-grade teacher in East Providence, Rhode Island, and mom of two
 @CAriasHen

—Caylin Harris

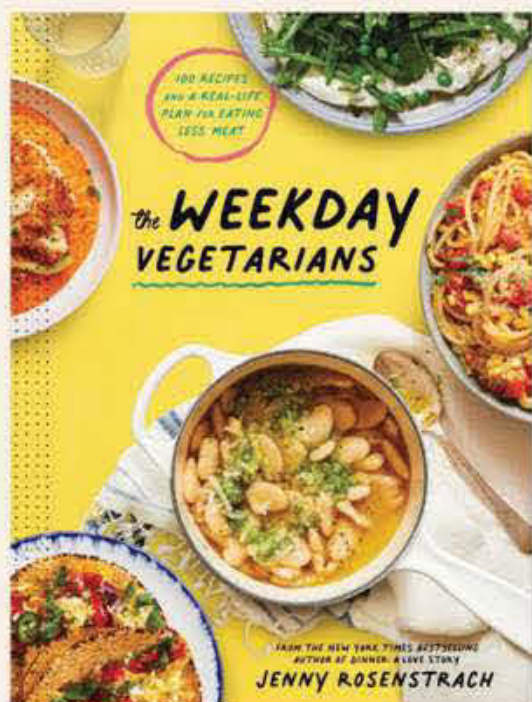
/ RELATABLE /

The way my kids use toothpaste, they'll never have a cavity in their bathroom sink.

@Chhapiness

T E S T O R T I S T

What's new, novel, and nice to know in September



COOK

If you're plant curious but feel like your family just can't cut cheeseburgers, best-selling author Jenny Rosenstrach is here to meet you halfway. Her new cookbook *The Weekday Vegetarians*, packed with dinner recipes that can be enhanced with a dash of Bacon Bean Tacos or Cauliflower Cutlets With Ranch Dressing. \$32.50; penguinrandomhouse.com; available August 31



SIP

Drink to the newest innovation in sustainability: plant-based straws that won't get soggy. Each one of Equis straws is made from a different natural material including rice, coffee, coconut, and even grass. They're completely biodegradable and flavorless, and they promise not to droop in a cold beverage. Starting at \$12; equintl.com



WEAR

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ARDEN

Adopt a honey bee or several. When you set out the Bee Drinking Garden Ball in your garden or a plant pot, the bees and bumblebees collect water directly and access from your sprayer offering honey bees a spot to chill and hydrate. \$45; uncommongoods.com

butZworthy BEE FACTS

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/ HIGHS AND LOWS /

Kim Kardashian West

How's this for cool-mom cred: The mother of four is voicing a new pup created just for her in *PAW Patrol: The Movie* (in theaters and on Paramount+ on August 20).



In real life, Kim Kardashian West, mom to North, 8, Saint, 5, Chicago, 3, and Psalm, 2, is studying law with the goal of aiding people who are serving unjust prison sentences. She also wrapped the 20th and final season of *Keeping Up With the Kardashians* and, like the rest of us, is preparing for back-to-school season.

● **My parenting superpower** I'm naturally very calm, which I think translates into my parenting. I don't get super-stressed or impatient, which I think is definitely a superpower when you have three kids age 5 and under running around.

● **My parenting kryptonite** When my kids want something (typically candy), they give me this look directly in my eyes that cuts right through me. I usually give in and give them what they want.

● **Best time of day** I love the post-bathtime snuggles. My kids love to cuddle with me in bed and read books to wind down. I could snuggle with them all the time; it's the best.

● **Worst time of day** Getting the oldest kids ready for school and out the door in the morning. North loves to pick out her own outfits, so sometimes getting dressed takes longer than planned.

● **Meal I make that my family loves** Everyone loves my vegan tacos. They've become our Tuesday-night staple.

● **Meal I tried that my family rejected** Amazingly, nothing! I am good at knowing what my kids love or knowing how to alter meals that I like so that they'll enjoy them too.

● **Best birthday party I ever threw for a kid** North's first birthday party is definitely one of the best we've ever done. It was "Kidchella," so Coachella-themed, and the kids absolutely loved it. Saint's last birthday was dinosaur-themed, and I don't think I've ever seen him so happy. That was amazing.

● **Birthday idea I would not repeat** Hasn't happened yet! So far, so good.

● **Activity I love to do with my kids** Swimming. My babies love the water.

● **Activity I hate to do with my kids** Homework.

● **Glorious thing about having four kids** They get along so well and have so much love for each other. It reminds me of growing up with Kourtney, Khloé, and Rob. There's something so special about having a big family, and I'm happy my babies get that experience the way I did.

● **Hardest thing about having four kids** Keeping their rooms neat and organized, especially their closets.

● **Thing I'm looking forward to in this school year** I'm hopeful for another year of growth and happiness.

● **Thing I'm kind of dreading about this school year** I just hope that this past year of

There's something so special about having a big family, and I'm happy my babies get that experience the way I did.

at-home schooling was enough to keep them up to speed, learningwise.

● **School-morning hack that works** Incentives and bribes! Listen, anything to get them out the door.

● **School-morning speed bump** I'm working on nailing an on-time bedtime so they aren't tired.

● **At least I have this down** I get the kids outside as much as possible, and I'm good at creating activities for them. They're always playing sports or working on projects.

● **I am still figuring this out** Being stricter and saying no!

● **Recent parenting win** It's so amazing to watch my kids grow and develop into their own people.

● **Recent parenting miss** Bedtime is such a challenge with four kids! It's rare that I get all of them down as planned, but now that North is older, she's become my little sidekick and helps me with the younger ones. It's actually so cute.





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With grippy edges and a carrying handle and stand, the **Kids EasyGrab Tablet Case** is specially designed for repeated drops and sanitizing. \$60; otterbox.com

Set up the **Mind Reader Bamboo Lap Breakfast Tray** for the coziest WFH setup yet. One side props up a laptop or a tablet; the other has a small drawer for storing supplies. \$33; amazon.com

Make the morning mad dash smoother by sticking Apple's new **AirTag** on anything you constantly misplace: keys, backpacks, wallets, even cars. Each tag syncs up with the Find My app on your Apple device so you can locate stuff in seconds. \$29 for a one-pack, \$99 for a four-pack; apple.com

Power up all the tech and corral unsightly cords in **The Original Multi-Charging Station**'s many slots. Starting at \$30; greatusefulstuff.com

You'll soon need to print permission slips, homework, schedules...need we go on? The **Epson EcoTank ET-2720 All-in-One Supertank Printer** comes with easy-to-fill ink bottles, not expensive cartridges. \$199; epson.com



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- ☐ Lime
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Maybe you sped through your child's last physical exam or even had to skip it as the pandemic raged. Members of the *Parents AAP Panel* share their best tips and tricks for getting your top questions answered and making the most of your kid's next well visit. ➔

by TAMEKIA REECE

ANNA WOLF



WHAT'S THE PARENTS AAP PANEL?

We've partnered with the American Academy of Pediatrics to create a special group of pediatrician moms and dads to weigh in on health issues and offer advice IRL.

EARLY IN the pandemic, many families put doctors' visits that weren't crucial on hold, and there was a 53 percent drop in kids' annual checkups, according to a study in *Academic Pediatrics*. Few parents were eager to enter a waiting room where they could potentially get infected with COVID-19. And given how often standard checkups seem to fly by in a flash ("It's over?"), it may have felt as if you weren't missing much.

Sick visits, too, were way down—an added benefit of mask wearing, social distancing, and frequent handwashing, which reduced the spread of typical kid illnesses like colds and strep throat.

But we're seeing the light at the end of the tunnel now, and returning to regular well visits is essential, health experts say. Not only have pediatricians been concerned that missed diagnoses and delayed immunizations could lead to

outbreaks of preventable diseases, they are also worried about children who have been struggling, untreated, with learning difficulties, sleep problems, and mental health challenges.

Well visits, pediatricians say, are more than just height and weight checks, a peek in the ears, shots, and school forms—they are a way to view a child's health through a longer lens. "When I see a patient, whether a baby, a toddler, a kid, or an adolescent, I'm thinking not just about their short-term health but also their long-term health," says Katherine Williamson, M.D., a pediatrician at Children's Hospital of Orange County, in California. "Over time, I can watch for subtle signs, whether they're physical or mental, and know what that child's normal is and when there might be a problem."

Go prepared with questions.

You probably have concerns that pop into your mind from time to time, but it's easy to forget them the moment you walk into the doctor's office. Several days before the well visit, make a list of any issues you want to discuss. Maybe you've been wondering if your child's teeth grinding is normal, or you're worried about their picky eating. Think, as well, about specific details you can share with the doctor. "If you have weight concerns, for example, it can be helpful to complete a basic food diary—about a week's worth—of all meals, snacks, and beverages your child consumes so we can get an idea of their typical intake and discuss from there," says Jessica Lazerov, M.D., a pediatrician at Children's National Hospital, in Washington, D.C. For things like snoring or other physical symptoms, it can be helpful to provide the doctor with a video or a photo, she says.

4 THINGS TO KNOW BEFORE YOU GO

1/ SCHEDULE THE VISIT FOR THE RIGHT TIME. The best time is when it's most convenient for your child. That means avoiding naptime or mealtime so your child won't be sleepy or hungry (and cranky). Try not to plan

anything right after the appointment so you don't have to rush.

2/ PREPARE YOUR CHILD. Older kids already know the drill. But for a toddler or a preschooler, you could say, "Tomorrow we're going to the doctor for a checkup. Dr. Anderson will check your height and weight, look

into your eyes and ears, listen to your heart, and ask us questions."

3/ BE UP-FRONT ABOUT VACCINES. Tell your child if they'll be getting vaccinations (you can call the doctor's office and ask). Be honest and put a positive spin on it: "You have to get a shot. It will

feel like a little pinch, but it shouldn't hurt for long. The shot is going to help you stay healthy so you can go to kindergarten."

4/ ASK IF YOUR KID HAS QUESTIONS FOR THE DOCTOR. Even seemingly silly ones can help build a trusting bond between the two of them that will last for years.

POWER UP AGAINST PEANUT ALLERGY WITH PALFORZIA

PALFORZIA, the first and only FDA-approved treatment for peanut allergy, is a daily oral therapy that helps reduce the severity of allergic reactions to peanuts that may be hidden in foods.

LEARN MORE AT [PALFORZIA.COM](https://palforzia.com)

Palförzia
Peanut (*Arachis hypogaea*)
Allergen Powder-dnfp

For children aged 4 through 17

WHAT IS PALFORZIA?

PALFORZIA is a treatment for people who are allergic to peanuts. PALFORZIA can help reduce the severity of allergic reactions, including anaphylaxis, that may occur with accidental exposure to peanut. PALFORZIA may be started in patients aged 4 through 17 years old. If you turn 18 years of age while on PALFORZIA treatment you should continue taking PALFORZIA unless otherwise instructed by your doctor.

PALFORZIA does NOT treat allergic reactions and should not be given during an allergic reaction.

You must maintain a strict peanut-free diet while taking PALFORZIA.

IMPORTANT SAFETY INFORMATION

PALFORZIA can cause severe allergic reactions called anaphylaxis that may be life-threatening.

- **You will receive your first dose in a healthcare setting** under the observation of trained healthcare staff.
- **You will receive the first dose of all dose increases in a healthcare setting.**
- In the healthcare setting, you will be observed for at least 1 hour for signs and symptoms of a severe allergic reaction.
- If you have a severe reaction during treatment, you will need to receive an injection of epinephrine immediately and get emergency medical help right away.
- You will return to the healthcare setting for any trouble tolerating your home doses.

Stop taking PALFORZIA and get emergency medical treatment right away if you have any of the following symptoms after taking PALFORZIA:

- Trouble breathing or wheezing
- Chest discomfort or tightness
- Throat tightness
- Trouble swallowing or speaking
- Swelling of your face, lips, eyes, or tongue
- Dizziness or fainting
- Severe stomach cramps or pain, vomiting, or diarrhea
- Hives (itchy, raised bumps on skin)
- Severe flushing of the skin

Because of the risk of severe allergic reactions, PALFORZIA is only available through a restricted program called the PALFORZIA Risk Evaluation and Mitigation Strategy (REMS) Program. Talk to your healthcare provider for more information about the PALFORZIA REMS program and how to enroll.

You should NOT take PALFORZIA if you have uncontrolled asthma, or if you ever had eosinophilic esophagitis (EoE) or other eosinophilic gastrointestinal disease.

Tell your doctor if you are not feeling well prior to starting treatment with PALFORZIA. Your doctor may decide to delay treatment until you are feeling better. Also tell your doctor about any medical conditions you have and if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and herbal supplements.

Your doctor may decide that PALFORZIA is not the best treatment if:

- You are unwilling or unable to receive (or self-administer) injectable epinephrine.
- You have a condition or are taking a medication that reduces the ability to survive a severe allergic reaction.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF PALFORZIA?

The most commonly reported side effects of PALFORZIA were: stomach pain, vomiting, feeling sick, itching or burning in the mouth, throat irritation, cough, runny nose, sneezing, throat tightness, wheezing, shortness of breath, itchy skin, hives, and/or itchy ears.

PALFORZIA can cause severe allergic reactions called anaphylaxis that may be life-threatening.

PALFORZIA can cause stomach or gut symptoms including inflammation of the esophagus (called eosinophilic esophagitis). Symptoms of eosinophilic esophagitis can include:

- Trouble swallowing
- Food stuck in throat
- Burning in chest, mouth, or throat
- Vomiting
- Regurgitation of undigested food
- Feeling sick

For additional information on the possible side effects of PALFORZIA, talk with your doctor or pharmacist.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see a Brief Summary of the full Prescribing Information and Medication Guide, including an Important Warning about anaphylaxis, on the following page.



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AIMT-PM-USA-0818 07/21



IMPORTANT FACTS

This is only a brief summary of important information about PALFORZIA and does not replace talking to your healthcare provider about your condition and treatment. For complete product information, please see full Prescribing Information, including Medication Guide, at www.PALFORZIA.com.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT PALFORZIA?

PALFORZIA can cause severe allergic reactions called anaphylaxis that may be life-threatening.

- You will receive your first dose in a healthcare setting under the observation of trained healthcare staff.
- You will receive the first dose of all dose increases in a healthcare setting.
- In the healthcare setting, you will be observed for at least 1 hour for signs and symptoms of a severe allergic reaction.
- If you have a severe reaction during treatment, you will need to receive an injection of epinephrine immediately and get emergency medical help right away.
- You will return to the healthcare setting for any trouble tolerating your home doses.

Stop taking PALFORZIA and get emergency medical treatment right away if you have any of the following symptoms after taking PALFORZIA: Trouble breathing or wheezing; Chest discomfort or tightness; Throat tightness; Trouble swallowing or speaking; Swelling of your face, lips, eyes, or tongue; Dizziness or fainting; Severe stomach cramps or pain, vomiting, or diarrhea; Hives (itchy, raised bumps on skin); Severe flushing of the skin.

For home administration of PALFORZIA, your doctor will prescribe injectable epinephrine, a medicine you must inject if you have a severe allergic reaction after taking PALFORZIA. Your doctor will train and instruct you on the proper use of injectable epinephrine.

Talk to your doctor and read the epinephrine patient information if you have any questions about the use of injectable epinephrine.

PALFORZIA is only available through a restricted program called the PALFORZIA Risk Evaluation and Mitigation Strategy (REMS) Program. Before you can receive PALFORZIA, you must:

- Enroll in this program.
- Receive education about the risk of a severe allergic reaction (anaphylaxis) by a healthcare provider who practices in a setting that is certified through the REMS program.
- Understand that you will be monitored in a healthcare setting during and after the Initial Dose Escalation and for the first dose of each Up-Dosing level.
- Receive education about how to maintain a peanut-free diet. You must attest that you will continue to avoid peanuts at all times.
- Fill the prescription your healthcare provider gives you for the injectable epinephrine. You must attest that epinephrine will be available to you at all times.

Talk to your healthcare provider for more information about the PALFORZIA REMS program and how to enroll.

WHAT IS PALFORZIA?

PALFORZIA is a prescription medicine derived from peanuts. It is a treatment for people who are allergic to peanuts. PALFORZIA can help reduce the severity of allergic reactions, including anaphylaxis, that may occur with accidental exposure to peanut. PALFORZIA may be started in patients aged 4 through 17 years old.

If you turn 18 years of age while on PALFORZIA treatment you should continue taking PALFORZIA unless otherwise instructed by your doctor.

PALFORZIA does NOT treat allergic reactions and should not be given during an allergic reaction. You must maintain a strict peanut-free diet while taking PALFORZIA.

WHO SHOULD NOT TAKE PALFORZIA?

You should NOT take PALFORZIA if:

- You have uncontrolled asthma.
- You ever had eosinophilic esophagitis (EoE) or other eosinophilic gastrointestinal disease.

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING PALFORZIA?

Tell your doctor if you are not feeling well prior to starting treatment with PALFORZIA. Your doctor may decide to delay treatment until you are feeling better. Also tell your doctor about any medical conditions you have. You should tell your doctor if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and herbal supplements. Keep a list of them and show it to your doctor and pharmacist each time you get a new supply of PALFORZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

Your doctor may decide that PALFORZIA is not the best treatment if:

- You are unwilling or unable to receive (or self-administer) injectable epinephrine.
- You have a condition or are taking a medication that reduces the ability to survive a severe allergic reaction.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF PALFORZIA?

The most commonly reported side effects were: stomach pain, vomiting, feeling sick, itching or burning in the mouth, throat irritation, cough, runny nose, sneezing, throat tightness, wheezing, shortness of breath, itchy skin, hives, and/or itchy ears.

PALFORZIA can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to PALFORZIA can include: Trouble breathing or wheezing; Chest discomfort or tightness; Throat tightness or swelling; Trouble swallowing or speaking; Swelling of your face, lips, eyes, or tongue; Dizziness or fainting; Severe stomach cramps or pain, vomiting, or diarrhea; Skin rash, itching, or raised bumps on skin; Severe flushing of the skin.

PALFORZIA can cause stomach or gut symptoms including inflammation of the esophagus (called eosinophilic esophagitis). Symptoms of eosinophilic esophagitis can include: Trouble swallowing; Food stuck in throat; Burning in chest, mouth, or throat; Vomiting; Regurgitation of undigested food; Feeling sick.

For additional information on the possible side effects of PALFORZIA, talk with your doctor or pharmacist. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088 or www.fda.gov/medwatch.

Once you've made your list, narrow it down to three topics in order of importance. At the beginning of the visit, it's a good idea to mention that you have questions. You might say, "Dr. Richards, when you finish the exam, I'd like to discuss teeth grinding," or indicate that you have questions about your child's night terrors. "By prioritizing what's important to you, it means maybe we won't spend as much time talking about something that's going well and can instead focus the time on what's most meaningful for you and your child," says Douglas Lincoln, M.D., a pediatrician at Metropolitan Pediatrics, in Portland, Oregon.

If you want to discuss an issue without your child in the room, let the office know a few days beforehand, Dr. Williamson suggests. The doctor may call you or schedule a telehealth appointment before the checkup or have a medical assistant occupy your child on the day of the appointment. And if you have many questions or don't get to address everything, ask if the doctor can give you a call, schedule a follow-up appointment, or discuss the issue with you through the patient portal.

Talk about mental health.

"This past year, I've seen much higher rates of anxiety, depression, and eating disorders, even in young children," Dr. Lincoln says. Isolation, grief from the loss of a loved one, and sadness over missed experiences can lead to issues like bedwetting, sleep problems, regression, moodiness, and behavioral problems in many kids. Some children are also experiencing stress due to recent racial and political tensions. In addition to providing support and advice, pediatricians can screen kids for depression, anxiety, and other behavioral health concerns. Some practices have social workers available to see patients the same day, or the pediatrician can make a referral to a mental health specialist. Dr. Lincoln warns that the full impact of the pandemic on kids' mental health may not be evident for some time. So even if you haven't noticed issues yet, keep an eye out and contact your pediatrician if you have concerns.



STAY IN TOUCH THROUGHOUT THE YEAR

One pet peeve of pediatricians: when parents come to a well visit with questions or problems from weeks or even months before. "It's always okay to call us or schedule an appointment when an issue comes up rather than saving it for the annual checkup," Dr. Chris Etscheidt says. There's not enough time to adequately address a long list of issues at a well visit, and it's better to handle a problem sooner rather than later, when it could potentially be worse. The pediatrician wants to know right away:

- If your child has been treated in the E.R., in urgent care, or by a specialist;
- If a specialist has prescribed new medications;
- If your child has worrisome or unexplained symptoms;
- If you have any questions or concerns about your child's health, behavior, or development.

Know that doctors can help in unexpected ways.

Many pediatricians can provide services parents aren't always aware of, including applying fluoride varnish to a child's teeth or making recommendations if a kid is dealing with learning problems or has trouble making friends. Some offices have lactation specialists to help with breastfeeding issues. If you aren't sure whether your pediatrician offers a specific service, ask. Pediatricians can also often connect parents with specialists or organizations that can help, whether it's regarding food-allergy support, family law issues, literacy organizations, or other services.

Be honest with the pediatrician.

It's tempting to fudge the truth about things you think will make you or your child look bad, whether it's not-so-great sleep habits or a serious sweet tooth. Instead, think of the pediatrician as your ally, says Candice W. Jones, M.D., a pediatrician in Orlando. "We can't recommend the best health decisions if we don't have the correct information." For instance, you may not want to fess up to owning a cat if your child has asthma. "But if you don't share that, the doctor will miss an important piece of their asthma management," Dr. Jones says. Your pediatrician isn't there to judge or lecture you; the focus will be on your child's health, which means the doctor could, for example, suggest ways to limit your child's exposure to the cat.

It's important to be open about other things as well, such as if your family is struggling to afford food, you're going through a divorce, or you've had other major changes at home, Dr. Lazerov says. Those things can affect kids, and the doctor can offer assistance or resources for help. "The best time to bring it up is near the beginning of the visit so the doctor has time to understand the situation and provide support," Dr. Lazerov notes. You might say, "We recently moved to a new home because Sidney's father and I got divorced. I just want to make you aware in case that affects anything we talk about today."

If you're confused, say so.

Doctors are notorious for using medical jargon that sounds like gibberish to anyone who isn't in the health-care profession. So if anything is unclear or doesn't make sense, it's perfectly okay to ask additional questions or request the doctor to repeat it or say it another way, says Chris Etscheidt, M.D., a pediatrician in Waukee, Iowa. "Don't feel as if any question is a dumb question." For example, if the doctor gives your child a prescription with vague instructions, get clarity on how long your child needs to take the medication, if it should be taken with meals, and what any possible side effects are. The goal of the well visit is to make sure that you have—and you understand—all the information you need to best care for your child's health. ✕

THE BOOK NOOK

Your monthly guide to making the most of storytime and raising forever readers

5 New Titles to Pick Up Now

1. *The Leaf Thief*

Written by Alice Hemming, illustrated by Nicola Slater

Kids will laugh and learn from this playful tale about the changing seasons. Squirrel notices that some colorful leaves are missing from his tree and thinks they've been stolen. He frantically asks his animal friends if they're "the leaf thief." Slater's pencil drawings of the animal's wide eyes and frenzied movements amplify the amusing dialogue. Though frustrated, Bird shows patience for a pal scared by a changing world (a point you can build on in a post-story convo with your kid). Ages 3 to 7

2. *Your Legacy: A Bold Reclaiming of Our Enslaved History*

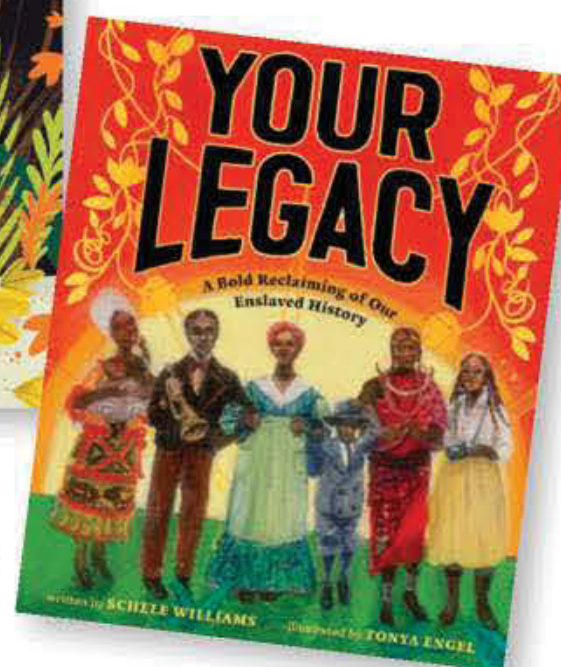
Written by Schele Williams, illustrated by Tonya Engel

When Williams, who is directing the upcoming revival of the musical *Aida* on Broadway, couldn't find a book that satisfactorily explained slavery to Black children, she wrote one. The result: an honest, empowering story that explores slavery's origins and honors the attributes of enslaved people. ("Your ancestors passed down the best of themselves. That is your legacy.") Williams celebrates the accomplishments and sacrifices not commonly found in textbooks, while Engel's bright illustrations reflect that you can find beauty in an ugly history. Children of all backgrounds will benefit from this contribution to the nonfiction shelf. Ages 5 to 10



①

A fun take
on fall



②

3. *Leilong the Library Bus*

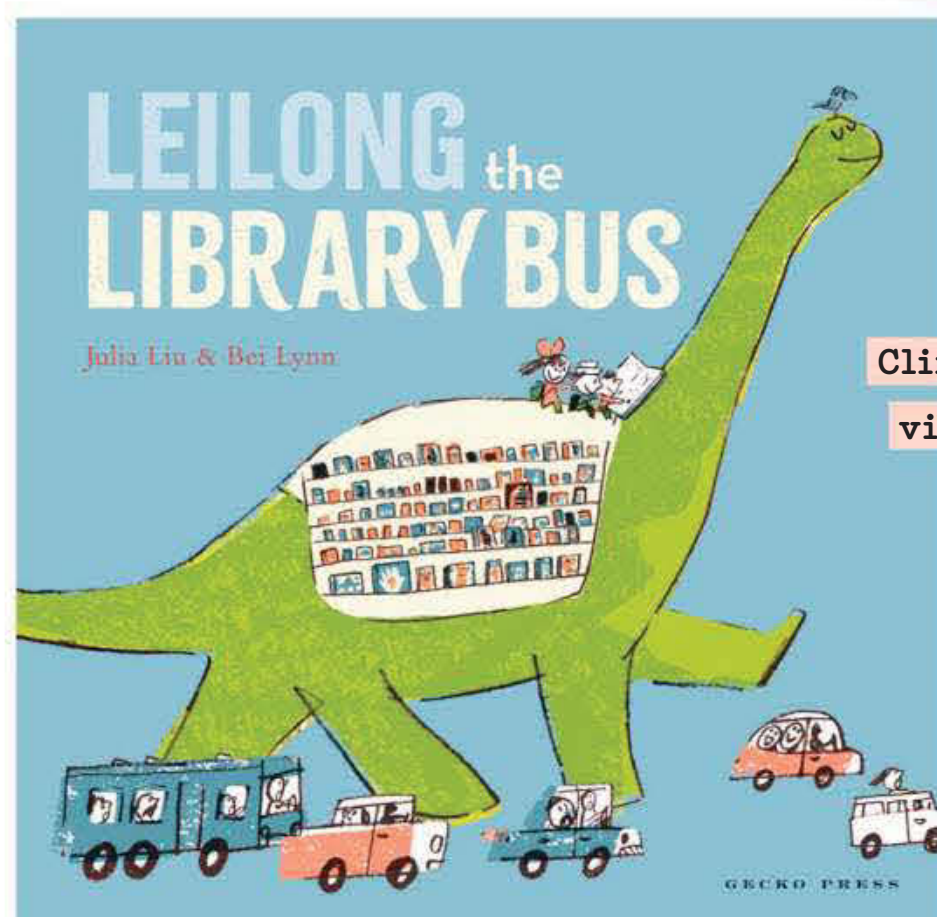
Written by Julia Liu, illustrated by Bei Lynn

With a roarin' good premise, this lighthearted picture book about Leilong, a dinosaur who wants to go to storytime at the library, comes through with humor, imagination, and even a dose of problem solving. Lynn's retro illustrations of the dinosaur and kids shine, especially after Leilong becomes a bookmobile because he's too big to fit inside the building. Your kids may want to linger on the wondrous ending. Ages 5 to 7

4. *Lunch Every Day*

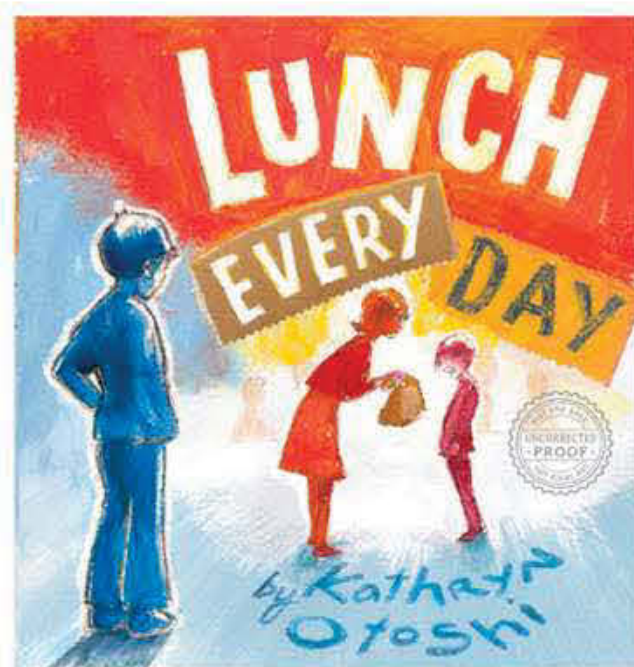
Written and illustrated by Kathryn Otoshi

With nuance and urgency, this story spotlights many kids' first real exposure to social inequity: Some students bring a lunch to school every day; others may feel embarrassed to pick up the "free lunch," so they go without or, in the main character's case, steal another classmate's brown bag. What unfolds is unexpected and portrays how a single act of kindness can change someone's life. Based on a true story, the book may help kids think about why someone is acting out rather than assume that person is "bad." Ages 4+

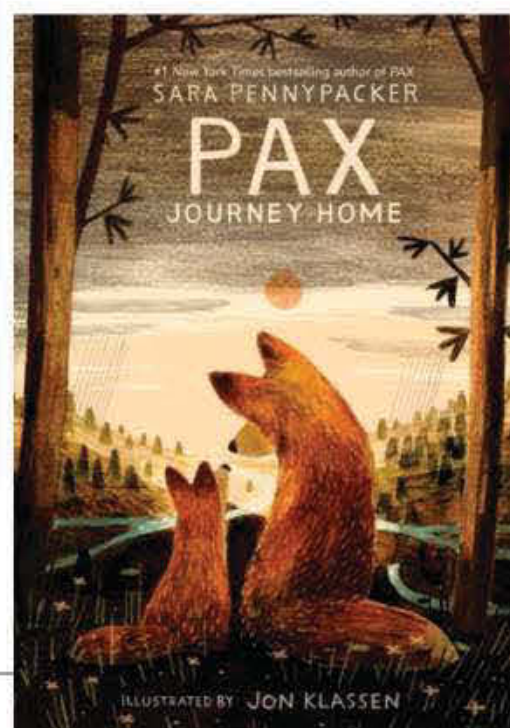


③

Clifford
vibes!



④



⑤

5. *Pax, Journey Home*

Written by Sara Pennypacker, illustrated by Jon Klassen

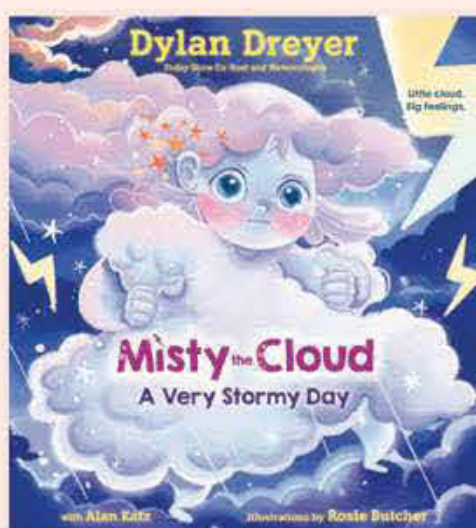
The satisfying follow-up to the 2016 best-seller *Pax* will give kids all the feels. After a year apart from each other, 13-year-old Peter crosses paths with Pax, the fox he'd cared for as a pet. They're hesitant to become close again until one of Pax's daughters becomes sick from drinking contaminated water. While this story can be sad at times, there's a resounding message: Life is much more wonderful with someone you love. Ages 8 to 12



BOOK CRUSH

Dylan Dreyer's Silver Lining

The NBC News *Today* show meteorologist connects clouds and emotions in her first picture book.
Forecast: sunny stories ahead.



Dylan Dreyer dreamed of writing children's books before she had kids of her own. "My husband and I came up with the idea for weather-based picture books when we were on a plane about ten years ago," recalls the mom of Calvin, 4, and Oliver, 1.

Many drafts later ("Calvin was my number-one critic"), *Misty the Cloud: A Very Stormy Day* is set to debut on September 14. The book is the first in her forthcoming series of emotional-learning titles that have a weather-related backdrop. When a cloud has a bad day, it unleashes a thunderstorm that rains out a girl's baseball game, making her grumpy too. *Parents* recently caught up with Dreyer, who is expecting her third son in November.

How does the book help kids work through their feelings?

The biggest takeaway for kids is that it's okay to feel angry and frustrated when something doesn't go right in their day. It's what they do about it that's the lesson. They shouldn't take it out on their friends. They'll learn that they can stop for a minute, take a deep breath, and look around them for

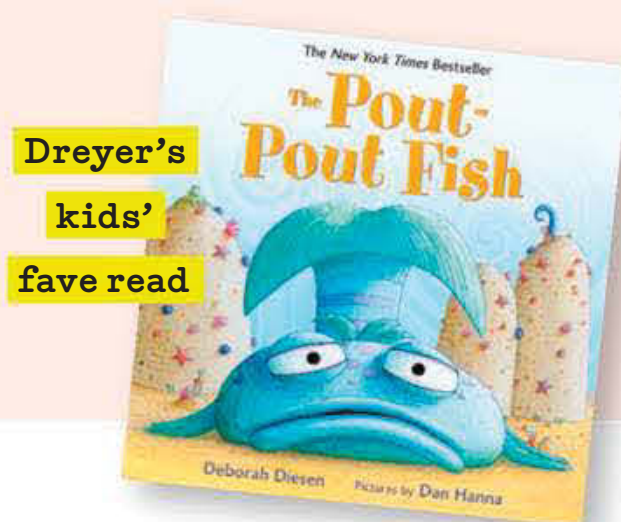
something that makes them happy. When they find that joy again in the day, it softens why they were upset and angry in the first place.

What books are your sons into now?

Calvin is my bookworm, and Oliver sometimes hands me a book and walks away. But they'll both sit for *The Pout-Pout Fish*, by Deborah Diesen. As I read the line "Blub, Blub, Blub," Oliver loves to copy me. It's the only book where I use different voices for all the characters. Calvin is also into the *Elbow Grease* series, by John Cena. When my father-in-law reads the books to him, he changes all the characters' names to people in our family. That makes it really hard when I read them as written. Calvin will correct me: "No, no, no, that one is Papa!" At the moment, we're in the middle of the *S.O.S.: Society of Substitutes* series, by Alan Katz, who cowrote *Misty the Cloud* with me. I never would have thought to start a chapter-book series with a preschooler, but he loves the story and folds down the page where we leave off every night.

What book did you love as a kid?

In second grade, I adored the Winnie the Pooh series. I even recorded myself reading the whole book on cassette tape, and I sent it to my teacher!



HOW TO PICK GREAT LIBRARY BOOKS

In a joyful return to pre-pandemic life, kids can browse the shelves again. Here's how to come home with a stack of gems.

● The A-to-Z Strategy

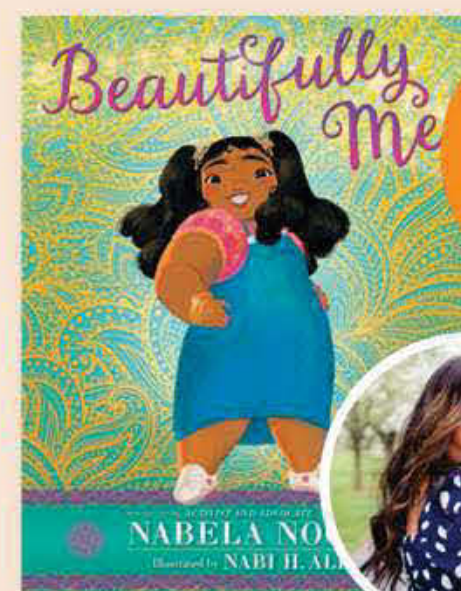
"The kids and I used to gravitate to our favorite authors, characters, and interests, but now we focus on a single letter. Our library alphabetizes by title or author, and it's less daunting to look through the A's one week, the B's the next, and so forth." —Blogger Andrea Dekker

● Personalized Recommendations

"Librarians read dozens of books weekly. If your child tells us about their preferences, we'll make suggestions." —Liv Hanson, youth curator at the Chicago Public Library

● Comfort-and-Growth Combos

"Don't get caught up in reading levels. Kids will persevere through text that's harder for them to read if they like the topic. Easier books will give them confidence and practice with fluent reading." —*Parents* advisor Jennifer Serravallo



RAISING
THE
FUTURE
BOOK CLUB



CELEBRATING ALL SIZES

In *Beautifully Me*, by self-love advocate Nabela Noor (@nabela on Insta), a Bangladeshi girl is excited about her first day of school until she overhears her mom talking about being "too big" and starts worrying about her own weight. Watch @Parents Instagram Live on September 18 at 2 P.M. (ET) when Noor will read the extraordinary book and answer questions about how everyone can find love for their own body. Kids are welcome to attend! Find more details at parents.com/BookClub. Ages 4 to 8

PAGING DR. MOM

“My baby drools and spits up a lot. Should I be worried?”



Drooling and spitting up are incredibly common in healthy infants. Before teething starts, at around 3 to 6 months, babies begin to make more saliva, which causes drooling. Saliva helps protect teeth from decay and starts food digestion. Drooling may cause skin irritation, so try to keep their mouth and neck dry.

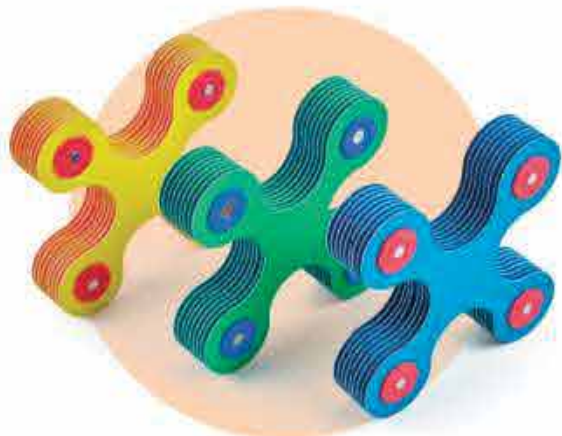
Babies spit up because the muscle that keeps liquid in the stomach is still developing, letting stomach contents dribble back up. Spitting up may happen more often during play or tummy time after a meal. Parents tend to overestimate how much liquid is coming up, so if your baby seems content and is gaining weight well, they are likely getting adequate nutrition. Spitting up usually resolves on its own by 12 months and is more of a laundry issue than a medical one. However, if your little one is spitting up or drooling more than usual and appears ill or excessively fussy, call your pediatrician. High fever, decreased urine, blood in their stool, discolored spit-up (green, yellow, or bloody), poor feeding, or breathing problems also warrant a call.

Source: Jessica Lazerov, M.D., a pediatrician at Children’s National, in Washington, D.C., and a member of the *Parents AAP Panel*.



Add a Side of STEM to Playtime

Keep kids learning with toys that let them tinker, create, and calculate.



Clixo’s reinforced paper pieces twist, bend, interlock, and click together with magnets to let young inventors construct robots, helicopters, bags, hats, balls, and more. Experiencing builder’s block? Head to the company’s YouTube channel for tutorials and instant inspiration. Ages 4+, \$30 to \$130; clixo.com



T.A.P.E.S. is a creative way to practice taking measurements with 16 silly units and tapes to choose from. Kids can guess how tall your blender is “in gummy bears,” then see who guessed closest with a gummy-bear measuring tape. Ages 8+, \$20; amazon.com; available in September



This wacky-looking **Monster Math Balance Scale** makes basic addition and subtraction fun and interactive. Bonus: Switch out the standard weights and use it with small household items to learn more about how different objects compare in weight. Ages 3+, \$30; lakeshorelearning.com



Help End Children’s Cancers

For too many, September is the time to wear a gold ribbon to mark Childhood Cancer Awareness Month. These nonprofits offer families creative ways to support research for cures.



Since its inaugural lemonade stand in 2000, **Alex’s Lemonade Stand Foundation** has encouraged kids to sell lemonade for a cure. Families can also support the nonprofit with a direct donation and by purchasing *Alex and the Amazing Lemonade Stand*, a picture book that tells the story of Alexandra “Alex” Scott and her idea that launched a movement. \$16; shop.alexslimonade.org

The **Pablove Foundation** believes art and science can work together. Donations fund research and a photography program for children with cancer. You can also buy a photo taken by a child in the program. Proceeds from pabloveprints.com support further research.

Equal parts indulgence, exercise, and imagination, **Cookies for Kids’ Cancer** is more than just desserts. Families can raise money by hosting a bake sale, joining “Team Good Cookie” when running in local races, dreaming up their own fund-raiser, or yes, buying delicious treats at cookiesforkidscancer.org.



PROBIOTICS FOR KIDS WHO TAKE FAIRY TALES ABOUT FROGS LITERALLY.

Whatever your kids get into this fall, protect their immune systems with *Culturelle's* scientifically proven probiotic.* It's the #1 Pediatrician Recommended Probiotic Brand.* To learn more, visit culturelle.com.

THANK SCIENCE FOR CULTURELLE®

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

*Based on a 2021 survey among pediatricians recommending a probiotic brand. Culturelle® is a Trademark of DSM.



The Snacks That Have Your Back

Playdates. Sports practices. Family movie nights. For occasions like these, our panel of junior taste testers sampled hundreds of products to find the ones that best tide kids over (and that parents can feel good about too). Ready, set, nosh!

by KAREN CICERO

Parents FOOD AWARDS

— 2021 —



● BEST CHIPS

Good & Gather Crinkle Cut Sweet Potato Chips

Part of Target's exclusive new line, these kettle-cooked chips are sturdy enough for dipping but thin enough for kids to bite easily. According to one of our panelists, "The ridges helped my onion dip stay on!" Parents appreciated that the product is made with just three ingredients and comes in a convenient resealable bag.

Pantry Picks

● BEST DRIED FRUIT

Sun-Maid Fruity Raisin Snacks, Tropical Punch

This twist on golden raisins is a new offering in the fruit-snack world. The mini pouches are infused with several fruity flavors but don't contain added sugar or artificial sweeteners. "I can taste the cherry!" one kid said.



● BEST CRACKERS

From the Ground Up Purple Carrot Crackers

Purple carrots are a thing, and this genius company made them the main ingredient in its certified gluten-free mini crackers that are sprinkled with sea salt (parents' fave) or have Ranch flavor (kids' choice). A junior tester told his mom, "I want to take them in my lunch box to show my friends."





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EST N TS
Wonderul Sea Salt & Vine ar Pistachios
 Fam es thou ht the a ance of sa t and v ne ar n these she ed p stach os as spot on. They don't taste as tart as some sa t and v ne ar ch ps sa d one d tester. But f sa t and v ne ar sn't your fam y's am try the BB avor h ch a so rece ved h h mar s.



EST EREA
Sesa e Street C is or Cinna on Cereal
 Th s snac s e t educat ona . Each ho e ran c nnamon coated cerea p ece s shaped e a etter a are n every o and schoo a e testers spe ed out the r names. Tots ere enterta ned y the m n Sesame Street oo that opens from the ac of the o .



arents tested plus new snacks with a panel o kids, rom toddlers to youn teens. To be considered, snacks couldn't contain arti icial sweeteners or synthetic dyes. They also needed to be low in added su ars and contain nutrients.



EST A ER Y RIEND Y SNA
Ma eGoo StarPu e Crac ers
 A reat one to p c up hen t's your turn to send n the c assroom snac : These crac ers are free of the e ht ma or a er ens and are produced n a ded cated nut free fac ty. They're ht a ry and so much fun to eat accord n to one snac er.

EST RI E A ES
Lun ber a il ar s Or anic Rice Ca e Minis
 K ds cou dn't dec de hether they preferred the Buffa o Ranch Sea Sa t or Wh te Cheddar avors of these t ny r ce ca es. They're a so yummy and crunchy sa d one ch d. A preschoo er noted that the Ranch as a tte sp cy ut the ood nd.



EST AR
ua erChe ruit un Granola Bars
A a in Apple
 It as ove at rst te: Our d testers raved that these soft ho e ran n oats ased ars are etter than app e p e. Parents ere mpressed that they have ust rams of added su ars and are made n a peanut free fac ty.

EST YO RT
Ston iel Or anic Stra berry Yo urt an Choco Chi ps
 K ds sa d m n n crunchy choco ate cerea a s made the yo urt a esome y s eet. And yet these cups have ess added su ar than you'd e pect rams h e pac n rams of prote n.

EST RET E S
Hor el So t Pret el Bites With Cheese
 Th s one's a contender for your ne favor te mov e n ht snac . The soft arm pret e nu ets and s de c cheese sauce rece ved a perfect rat n from ds. Parents ment oned that the prep as easy n the oven or m cro ave.



Fridge Must-Haves

SPECIAL *K* DIPPED? Delicious.

NEW!



Chocolatey
dipped
flakes.

Cocoa
coated
flakes.

Crunchy
real
almonds.



Do what's delicious.



EST EESE SNA

The Lau hin Co & Go Crea Ori inal Cupholder-ready, this whole-wheat breadstick and cheese-dip combo earned glowing reviews from kids and parents alike. “The cheese is so creamy,” said one young tester, who licked it off the breadstick on the way to soccer practice. Parents reported that the snack is satisfying, keeping the kids full for a couple of hours. (Word to the wise: Pack one for each person—there will be double-dipping.)



EST SNA IT

Sabra Ki s Taco Dip & Rolle Tortilla Chips Kids were amazed by this combo of taco-flavored hummus and crisp tortillas in the shape of breadsticks. “I want to have this every day,” enthused one eater. They’re sold in packs of three, and the company buys the chickpeas from family farms.



EST MORNIN SNA
Or anic Valle E Bites
Uncure Ha & S iss
For the days when your crew needs a second breakfast, these “egg muffins,” as one of our panelists called them, deliver 8 grams of protein apiece. Kids thought they tasted “fluffy” and got bits of “juicy ham” in each mouthful.



EST AMI Y SNA
Apple ate Naturals
Charcuterie Plate
Stave off “Is dinner ready yet?” with this small, ready-made platter for sharing. Kids happily scarfed down the cheddar-cheese cubes and milk-chocolate-covered pretzels, but the uncured chorizo salami rounds were the crowd favorite.

un ry or more atch or art
o arents annual ood
wards in the ctober issue.
e’ll announce the winnin
kid tested products that help amilies
et dinner oin aster.



EST AT READ

Stone ire Naan Dippers
These mini flatbreads got the prize for versatility. Kid testers put them to work in mini pizzas and micro sandwiches and dunked the rounds in dips, sauces, and soups. “They make everything more fun,” said one tester. Another added, “I like their bubbles.”



EST DDIN

GoGo s uee
Al on Blen Pu in
Made with almond milk, these pudding pouches—in Chocolate, Cocoa-Hazelnut, Banana, and Vanilla—were, in one kid’s estimation, “the best thing I ate today.” They supply nearly as much calcium as half a cup of cow’s milk.



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Free'er Faves



● EST O O ATE SNA
Tru Fru Nature's
Raspberries
Coated in white chocolate and
then dipped in dark chocolate
these berries are hyper-chilled
at 10°F before they're
shipped to the supermarket.
Testers agreed the results are
delightfully win-win.



● EST NO E TY SNA
FarmRich Star Wars
Mandalorian Chees
Potato Tots
Howador's Babu Yoda as a
tot. Kids and grown-ups
smiled as they ate up these
spuds, which are breaded
with cheddar and mozzarella
cheeses then coated in
hoegaarden bread.



● EST SMOOTHIE BOWL
Kind Frozen Smoothie Bowl
Teen and tween testers bonded over these bowls
layered with a fruit almond milk mash up almond butter and
granola. It was just what I needed when I was
starving and hot after practice, one middle schooler
recounted. Top flavors were Almond Triple Berry Acai and
Almond Mango Pomegranate Passion Fruit.



● EST O E T IE
Del Monte Vegetable Broccoli
Potato Cheddar Potatoes
Kids do love broccoli at least when
it's covered in cheddar cheese and
wrapped in a delicious dough. It's
the kind of snack you want to make
your kids when they come in from
playing in the cold, one mom said.



● EST TODDLER SNA
Gerber Freshful Start
Organic Veggie Bites
Our youngest testers fed
themselves these Taro
and sweet potato shaped
end-of-the-roccopotatoes
red pepper lentils and
cheddar cheese. Parents
reported that it's become a
favorite in the house.



● EST RO EN R IT
Wymen's Just Fruit &
Greek Yogurt Bites
Tiny delicious bites from
Mammoth, which are just as
good as frozen yogurt
to our young testers. Kids
delighted whether they taste
test or simply after
than a bit. You do you.

By Popular Request

Parents staff
and cookbook
authors shared
the time-tested
products their
kids request on
the regular.



● EST AMI Y A E
Goldfish Baked
Snack Crackers
This is my class mom's
favorite, says Mona Stone, author
of Lemon, Love, Olive
Oil. I can't resist sharing
with my son.



● EST RES R IT
Roc-it apples
They're small enough to
fit into a lunchbox or a snack
bag and my kids love the
honey flavor, so there's no
waste, says Julia Edstein.
Parents editor in chief.



● EST TREAT
Bakerly Chocolate
Hazelnut Filled
Crêpes To Go
The chocolate is smooth
and creamy, says Erica
Sanchez, author of
Guena Provecho.

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We're Back!



inally for real this time no fooling. ur kids are donning backpacks lugging lunch boxes and heading into classrooms five days a week. And because this cathartic moment calls not only for celebration but also for preparation *Parents* presents a crash course in getting ready. ur full-to-the-brimsting guide covers every aspect of this transition from supercool first-day outfits (**PAGE 38**) and side of the cutest lunches that ever lunched (**PAGE 50**) to helping an anxious kid psych up for the return (**PAGE 46**) or a struggling reader play catch-up (**PAGE 62**). As you hold tight to the lessons of that long stint at home — a out togetherness and what matters most — try to savor this miraculous occasion: ur kids are back where they ought to be ready to thrive grow and learn. lass is in session

photograph by **TIM MARSELLA** / illustrations by **SUPER FREAK**

W AT I ♥ A O T S OO

" Making friends, and wearing my Minecraft backpack "

Jordan, 5, kindergarten

W AT
I ♥ A O T
S OO

"The most thing I'm excited about is art."

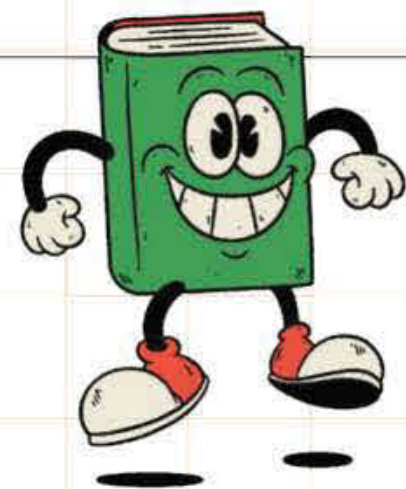
Benjamin, 5, kindergarten

W AT I ♥ A O T S OO

"Playing in person, and snacktime."

Lucia, 5, kindergarten





comfort levels as well; some school playgrounds are open during the summer, so see if a session on the swings is a possibility. If that's not an option, search "Preschool or Kindergarten Classroom Tours" on YouTube and watch videos together showing things like chalkboards and cubbies that are likely to be in your child's classroom. Special-education teachers recommend "headlining" what kids should expect at school but not bombarding them with a lot of info all at once.

● Washin Han's Correct! Pandemic-generation kids are pros at pumping sanitizer and soap, but chances are, they don't scrub their hands for at least 20 seconds—the minimum amount of time needed to degerm.

Prep the no To help kids stay sink-side longer, teach them to wash their hands to the top of "Old MacDonald Had a Farm" or another tune they know well, suggests Jennifer Rossi, a kindergarten teacher in Walden, New York. Paste the words into washyourlyrics.com, and it will generate a printable infographic (you can customize details like skin tone for the hands) that you post by your sink as a visual aid. Meanwhile, plug the benefits of handwashing by reading kids *Germs Make Me Sick!*, by Melvin Berger, and *I Don't Want to Wash My Hands!*, by Tony Ross.

● Ta in Turns This skill can be really hard for kids, especially those

LESSON 1 Brush Up on the Basics

The teachers will take care of helping your kids learn to read and understand math. But it's your job to make sure they're on track with life skills like opening their lunch box and washing their hands.

by ERY O photographs by TIM MARSE A

PRE-K AND K I' A N

● Na i atin the Buil in This year's preschoolers and kindergartners may never have been in a classroom before, and even a one-time orientation visit isn't always enough to make children

comfortable, says Lauren Williams, an elementary-school teacher in Allentown, Pennsylvania. Be aware, too, that kids with disabilities may be more likely to struggle with change. Prep the no Your child's school probably has a website

with pictures of staff and spaces like the classrooms, cafeteria, and gym. Click through it with your child, pointing out cool features (a fish tank in the library!) and your child's teachers (if you have that intel). Extra in-person visits will raise

WARDROBE: STYLIN' BY LEI H BYRNE FOR WALTER SCHUPFER. ROOMIN' BY CAMPBELL RITCHIE. PROP STYLIN' BY CHRISTINA LANE. SPECIAL THANKS TO THE PRODUCTION FACTORY. FROM LEFT: ON BOY: JACKET AND SHOES: STELLA MCCARTNEY. PANTS: I ENCHY. ON GIRL: REEN SWEATER, BONPOINT ALLOTMENTS. DRESS AND BACKPACK: STELLA MCCARTNEY. SOCKS: FITH BY TRICO FIELD. SNEAKERS: SPERRY. MASK: ALOHA MASKS. ON MOM: JUMPSUIT: THE NEW SOCIETY. SNEAKERS: RA BONE. ON BOY: SHIRT: ADI OLTAIRE. JACKET AND JEANS: OSHKOSH B' OSH. SOCKS: HAPPY SOCKS. BACKPACK: DENIM DUN AREE BY TRICO FIELD. SNEAKERS: ADIDAS. MASK: ALE MILLS.

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† ASSOCIATED WITH HOARSENESS, DRY THROAT AND IRRITANTS

who don't have a sibling or haven't been in many group settings, says Allison McDonald, a pre-K teacher in Bainbridge Island, Washington. Don't expect perfection—just keep at it. Prep the no Teachers suggest starting with a toy, such as building blocks or a Potato Head, where turns can happen rapidly. Use phrases like "It's your turn now," "It's my turn now," and "It's your turn again" to reinforce the concept. Progress to card and board games, and then try the concept in the wild at a playground. If there's a line for the slide, remind your child about taking turns, and ask them who they think is up next. Practice pays off. According to a study in *Psychological Science* involving preschoolers, most 3-year-olds (but not 1½-year-olds) can spontaneously take turns.

● **As in or Help** Their yellow jacket has a tricky zipper, so you pull it up. Their lunch box on the counter may be too high for them to reach, so you grab it for them. Because we know what our kids need, they don't always get enough experience asking for help. But teachers can't always anticipate those needs, and kids should learn to self-advocate, Williams says. Prep the no Start waiting for your child to ask for a hand before jumping in and they'll grow accustomed to vocalizing their needs. Soon they won't feel uneasy about raising their hand when their glue stick is empty. Teachers also want kids to feel comfortable confiding things they might feel embarrassed about, like forgetting lunch or being



sad when they were excluded from a game at recess, says Beth Sawadzki Smith, an elementary-school teacher in Lancaster, Pennsylvania.

● **Getting Dressed** While kids should feel confident about asking for a hand, teachers won't always be able to tie every sneaker and button each coat. "There are many students and just a few helpers," says Lauren Mazariegos, a kindergarten teacher in Queen Creek, Arizona. For these tasks, kids need strong fine motor skills. Prep the no "Play, play, play," says Sawadzki Smith. "Blowing bubbles and writing with sidewalk chalk are other fun summer activities that boost these fine motor skills." Working with small LEGO bricks, Perler beads, and Play-Doh or making pictures with small stickers ramps up their abilities. Mazariegos also recommends having your child practice scissor skills

using scrap paper. If your child is still having issues by the time school starts, consider work-arounds like Velcro sneakers or jackets that pull on over their head.

GRADES TO Working Together

● **Managing Their Space** Kids this age usually have their own designated areas, like cubbies and desks that they'll be expected to tidy up. Prep the no Give your child their own school workspace at home, including items like pencils, paper, and crayons, and have them practice keeping it neat, Rossi suggests. Outline the desk space with a place mat to show where they should keep their work contained, and use a zipper pouch for pencils, crayons, erasers, glue sticks, and scissors. Teach your child that items such as school folders and workbooks "live" in the color-coordinated bins that you provide.

● **Multitasking** Teachers expect early elementary-schoolers to manage directions with at least three steps: "Write two sentences about a vocabulary word. Draw a picture of it. When you're done, put it in the bin on my desk."

Prep the no Bedtime is a perfect time to practice, Rossi says. Give your child three tasks at once: "Put on your pajamas, toss your dirty clothes in the hamper, and brush your teeth." Once they master that, add a few more steps one by one. Cooking with kids is another fun way to help kids foster this skill. Just be sure to break down the steps in a recipe's directions a little further for children: "Take out the flour, the measuring cup, and the bowl. Measure one cup of flour. Pour it into the bowl."

● **Partnering With Others** Teachers start assigning group projects in early elementary school, so your child needs to use their teamwork muscles. Prep the no Plan family activities that require cooperation, like a scavenger hunt. Encourage kids during the process ("That was a great idea to look behind the curtain for the first clue!") so they'll do the same for their peers. "Remind kids that eye contact when talking to others is important, especially if masks cover facial expressions," says Sharon Powers, an elementary-school counselor in Fairfax County, Virginia.



is grades 1-5
Hover your phone's camera over the smart code or go to parents.com/SchoolSkills for advice from teachers about students' needs.

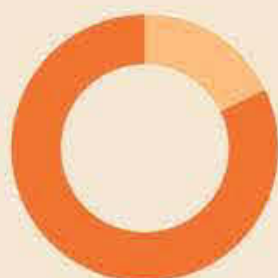


Optimism Is Everything

In our 2021 *Parents Back-to-School Survey* last spring, 1,200 of you told us that despite some obstacles ahead, you're thrilled to have your child back out in the world.

25%

of respondents are very anxious or stressed about the upcoming school year compared with who felt that way before the last school year. (Things are looking up)



plan to become more involved with their child's school than they were pre-pandemic.



feel their child's school handled the pandemic well.



were satisfied with their child's teacher or teachers during this time.

feel their child will need extra help this year.

For that means emotional and mental-health support,

while anticipate that their child will need tutoring.



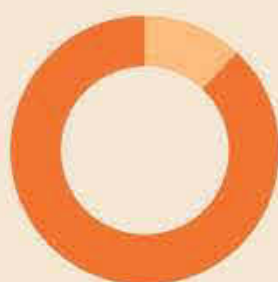
believe their child is in the same place academically as they would have been if the past school year had been fully in person.

67%

are equally or more excited than usual to do back-to-school shopping this year and after clothes and shoes, the most important items on their list are hand sanitizer () and masks ().

90%

are looking forward to having their kids in more social settings.



are eager to return their household to a more normal daily schedule.

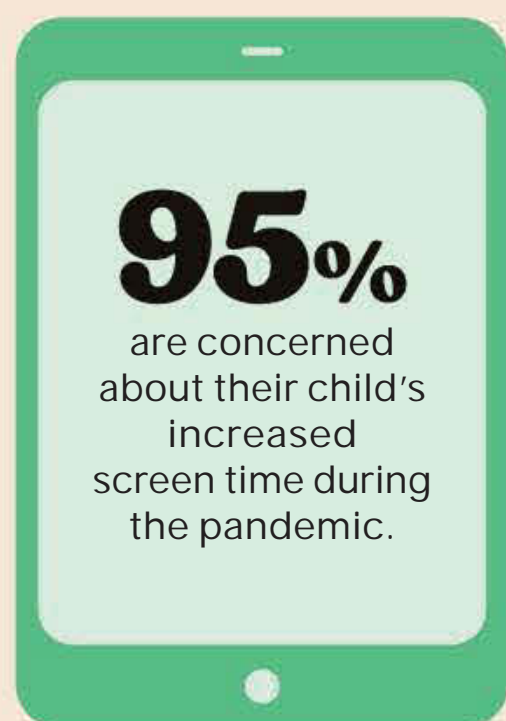
are excited to get their kids back into extracurricular activities.



are eager to get their kids back into sports.

95%

are concerned about their child's increased screen time during the pandemic.



Source: *Parents* conducted this online survey in April of this year gathering responses from parents to their children under 18 through seventh grade.

parents

mothers

fathers from around the country

ESSON
3

They Get Only One First Day

Excitement and, of course, butterflies are running high this momentous school year. Give kids the super-celebratory send-off they deserve.

y AREN I ERO

The rst day of schoo mer ts as much pomp and e at on as the ast day. ve your ds a thr s ed Day that sto e them up for a year of adventures. Can e eta oot oot

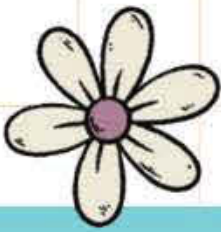
A R Spr n e your d th p n paper o er peta s from Stud o Pep penc shaped confett poppers as they a out the door shopstud opep.com .

T
“On the first day, all the neighborhood families walk to school together,” says Jenn Andrlik-McMurrer, a mom of two in Norwalk, Connecticut. “There is so much camaraderie and support.”

I W You’ o ds’ m nds th a co or coord nated arch for rst day photos says Ma e Brereton a mom of four near Ch ca o. Tape a oons to the ara e door deta s at smashed peasandcarrots.com .



S T
“The first morning I drop off my daughter at school, I strap her favorite dolls and our dogs into the car so we can all cheer her on,” says Denisse Montalvan, of Gardena, California. “I tell her we’ll all be back to pick her up and hear about her amazing day.”



W AT I A O T S O O
“aking new friends and going to the cafeteria. It’s like a restaurant.”
i a et , , rst grade

W AT I A O T S O O
“Having no rest time, and that’s good because I don’t even like it.”
ianna, , rst grade



S S
Twinkle, twinkle, little waffle. Kids will be psyched to dig into a breakfast stack from the Dash Star Mini Waffle Maker (\$13; bydash.com). Pour in batter from a packaged mix or your usual recipe, close the lid for about two minutes, and (ta-da!) a syrup-ready star is born.

Instead of do n the typ ca ho d up a s n photos Me ssa Evans a mom of four n Wash n ton Connect cut ta es a ho e fam y p ctur funny poses encoura ed. K ds have a ast ra nstorm n the r fac a e press ons.

S S
“We drive straight from school to the ice-cream shop,” says Marina Sandoval, a mom of three in San Fernando, California. “Every year, my daughter orders her treat with sprinkles.”

IRL WITH BACKPACK TIM MARSELLA. ON IRL: SHIRT OEUF. BACKPACK STELLA MCCARTNEY. LASSES ERY FRENCH AN STER. BALLOON ARCH AND WAFFLE MAKER: COURTESY OF THE BRANDS.

New Threats With an Edge

These wardrobe picks set the tone of a kid's personality. Plus, they're supercomfy.

Inclusive boots from BILLY boot wear pair the day don't on both sides so a kid's included in those them teddy moody can get them on and off easily. Starting at \$60; billybootwear.com

Behold the celestial sweater. The height of the season from an Angela McKay H&M collaboration is sure to be a conversation starter at the bus stop on cool mornings. Extra credit for the made-to-sustain material. Starting at \$29; hm.com

Kids' favorite with soft heathered cotton shirt through stripes from Priar founded by two moms. The company doesn't have separate boys' and girls' lines, even kids should wear any color or style they want. \$15; primary.com

We have heart eyes for these prescription Sesame Street frames from Pair Eye Wear. For every purchase, Pair donates a percentage to the EYE-ance which provides vision care to school-age kids around the world. \$30; paireyewear.com

Vans' endearing hot-ame-cakes of a lace-free makeover. Reinforced toe caps also provide a secure fit. \$42; vans.com

Inspired by retro Shoshanna pop art, Tea's rainbow sweater makes any day brighter. \$55; teacollection.com

An adorable pom-pom hairband from Mini Boden. Cute ponytails. \$24 for three; bodenusa.com

Let them play the creative artist with Target's Art Class tie-dyed cotton hoodie. \$19; target.com



R

Kid teeters at the school aisles of the room, share the rooftop for school-themed picture books to set the tone.

We Don't Eat Our Classmates

Written and illustrated by Bryan T. Higgins

It spotlights kids' anxiety about school and makes friends in a way that has them all in uncontrolably says Parents advisor and fifth-grade teacher Corey Sharp.

First Grade Dropout

Written by Audrey Vernick, illustrated by Matthew Cordell

A first grader accidentally catches his teacher Mommy in this charming story that focuses on friendship and forgiveness says Betsy Brandt, a children's librarian in Evanston, Illinois.

Jack's Talent

Written and illustrated by Arianna Occa-Defler

Each student has to tell the class about a talent. One boy can't think of anything until his teacher helps him realize his specialness. It's a self-esteem booster says American author and coauthor of Ringing Pookmonsters.

Suki's Kimono

Written by Shiori Egaki, illustrated by Stephanie Hirsch

On the first day of school, a girl demonstrates her independence by earning the moniker that her obachan (aunt) says Eric Barus, a youth counselor at the San Francisco Public Library.

LESSON
4

Don't Skip Breakfast

fill your kids' bellies (and actually get to school on time) with good-for-them foods that are easy to prep.

recipes by ATIE MORRIS RD photographs by ENA SEY

Preheat oven to 350°F. Coat a 12-cup muffin tin with nonstick cooking spray. Stir together **1½ cups rolled oats**, **1 cup grated carrots**, **¾ cup chopped pecans**, **½ cup raisins**, and **1½ tsp. cinnamon** in a bowl. Whisk together **1½ cups milk**, **2 eggs**, **¼ cup pure maple syrup**, and **1 tsp. pure vanilla extract** in a separate bowl. Combine oat mixture with milk mixture, and spoon about ⅓ cup batter into each muffin cup, evenly distributing among the cups. Bake until firm, about 30 minutes. Cool 10 minutes. Serve immediately, or wrap cooled carrot cake cups individually, and freeze for up to 1 month. Reheat frozen carrot cake cups in the oven or the microwave. Makes 12 carrot cake cups.

W

heirackstisersionit moreroteinandcalciumthan ticaafesae

Preheat waffle iron to medium-high. Process **1½ cups blueberry kefir**, **¾ cup whole-wheat flour**, **¾ cup all-purpose flour**, **2 large eggs**, **¼ cup canola oil**, **4 tsp. cornstarch**, **2 tsp. baking powder**, **1 tsp. pure vanilla extract**, and **¼ tsp. kosher salt** in a blender, or whisk together in a bowl until smooth. Fold **¾ cup dried blueberries** into batter. Brush waffle iron with **canola oil**. Pour batter into waffle iron according to manufacturer's instructions, and cook until brown and crisp. Repeat with remaining batter. Serve immediately, or let cool and freeze in a zip-top freezer bag for up to 2 months. Reheat waffles in a toaster until crisp. Garnish waffles with **fresh blueberries**, optional. Makes 6 servings.

E

is recipe contains grams of rotein, fuilingt edai reuirement for a kid under age

Heat **1 tsp. olive oil** in a nonstick skillet over medium-high. Add **½ green onion (thinly sliced)** and **¼ cup diced cooked vegetables**

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4



5



6

(such as broccoli, zucchini, or peppers) or $\frac{1}{2}$ cup baby spinach, and cook, stirring constantly, until vegetables are heated through or spinach wilts, about 1 minute. Add **1 large egg, beaten**, and **a pinch of kosher salt**. Cook, stirring often, until egg is scrambled and nearly cooked, about 1 minute. Add $\frac{1}{4}$ cup **cooked brown or white rice** and **1 tsp. fresh lemon juice**, and cook, stirring constantly, until warm, about 1 minute. Sprinkle $\frac{1}{4}$ cup **shredded Swiss cheese** on top. Spoon evenly into **1 pita half**. Makes 1 serving.

R

R

Spread **2 Tbs. ricotta cheese** over **1 slice of toasted bread**. Drizzle with $\frac{1}{2}$ tsp. **olive oil**, and sprinkle with **kosher salt**. Top with $\frac{1}{4}$ cup **raspberries**, drizzle with **1 tsp. honey**, and sprinkle with $\frac{1}{2}$ tsp. **chia seeds**. Makes 1 serving.

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ie kids somet ings eet t at orks in rotein, ca cium, and otassium a et em eat t is one at ome so t e can as a a an eanut residue on t eir ands

Process **2 ripe bananas**, $\frac{1}{2}$ cup **plain yogurt**, $\frac{1}{2}$ cup **milk**, **2 Tbs. creamy peanut butter**, **2 Tbs. pure maple syrup**, **1½ Tbs. unsweetened cocoa**, and **2 tsp. pure vanilla extract** in a blender until smooth, about 20 seconds. Pour into six 2½-oz. ice-pop molds, and freeze until firm, about 4 hours. Makes 6 servings.

DIY M

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Stir together **1½ cups rolled oats**, $\frac{1}{3}$ cup **raisins**, $\frac{1}{3}$ cup **chopped walnuts**, **3 Tbs. light-brown sugar**, and $\frac{3}{4}$ tsp. **cinnamon** in a bowl. Pour $\frac{1}{3}$ cup oatmeal mixture into each of 8 small zip-top storage bags and store airtight. To cook, empty 1 bag into a deep microwavable bowl. Stir in $\frac{3}{4}$ cup **water**. Microwave on high for 2 minutes. Stir again. Makes 8 servings.

CANCER DOESN'T STOP. NEITHER DO WE.

FOR ONE NIGHT. WE STAND TOGETHER.



SATURDAY 8/21
8 ET/7 CENTRAL



American Lung Association's LUNG FORCE, Amgen, Cless Family Foundation, Fanconi Anemia Research Fund, Farrah Fawcett Foundation, Jazz Pharmaceuticals, Laura Ziskin Family Trust, Legacy Circle, LUNGevity Foundation, Mirati Therapeutics, Pancreatic Cancer Canada, Sara Schottenstein Foundation, Society for Immunotherapy of Cancer, Lew, Jean, and Kari Wolff

Stand Up To Cancer is a division of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization.

Preheat oven to 375°F. Line the bottom of a 9-in. pan with parchment paper. Slice bagel in half place half cut side up in prepared pan. Save other half for another use. Spread 1 Tbs. marinara sauce over the half. Cover the half with cup shredded mozzarella, tuck a hot dog into the hole to catch the egg. Crack large egg onto the half so yolk drops into hole. Season with kosher salt and black pepper. Bake until the top is cooked and yolk is runny to medium or until desired doneness. Makes 1 serving.

10 grams of fiber, it is a strawberry banana smoothie that keeps kids full until lunch.

Take one 8-in. whole-wheat flour tortilla from top edge to center create a slit that folds down the tortilla. Work clockwise from slit spread 2 tsp. hazelnut-chocolate spread on the first layer over a quarter of the tortilla. Cover the second quarter of tortilla with 2 fresh strawberries hulled and thinly sliced, cover the third quarter with 1 Tbs. almond butter, and top the fourth quarter with small banana thinly sliced. Fold the hazelnut chocolate quarter of tortilla over the strawberries then fold that over the almond butter and banana fold that over the banana slices. Melt 1 tsp. unsalted butter in a skillet over medium heat. Cook tortilla rapidly until golden to medium on each side. Makes 1 serving.

O W

You also see it in some immune-boosting vitamin D-rich calcium yogurt treat.

Cut navel orange in half. Place half cut side down on a cutting board. Use a knife to remove and discard rind and white pith. Cut orange half into 1/2-inch dice. Spoon 1/2 cup plain yogurt into a medium bowl or bowl. See a small amount of orange juice from remaining orange half over yogurt. Top with half the diced orange and 1 Tbs. crushed coconut chips. Add an additional 1/2 cup plain yogurt, and see the remaining orange juice from orange half over yogurt. Add remaining diced orange top with crunchy granola bar crushed and an additional 1 Tbs. crushed coconut chips. Makes 1 serving.



Making easier

Hover your phone's camera over the smart code to get these recipes on the go, plan meals, and track the grocery list with P, a meal-planning and organizing app for families, free in the app store.

7

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“PUT IT IN THE
—SKILLET—
AND COOK IT.”

Jimmy Dean



TODAY'S YOUR
DAY TO
Shine on



ESSON
5

Ease Their Worries

What if I miss you? What if my friends like different stuff now? What do you mean I can't ring my ta-tel? Many kids have spent more than a year doing school life, and as they switch back to all classroom all the time, they may struggle to adjust. Prep them for the new normal by helping them tackle five anticipated kid difficulties.

by OLYMPIA ARTER



IT'S AN EASY TIME for parents, but a potentially daunting one for kids, who are about to use muscles not flexed in months. Like the ones for socializing, having fun without screens, or feeling secure without parents. Our 2021 Back-to-School Survey found that 27 percent of parents are concerned about how their child's mental health will fare.

All change—positive or otherwise—can be disruptive, says *Parents* advisor Timothy L. Verduin, Ph.D., clinical assistant professor of child and adolescent psychiatry at NYU Grossman School of Medicine. “Kids have been in pajamas all day, waking up later,” he says. “Letting go of that can be hard.”

Assessing how your child feels is key. “Keep the talk brief and open-ended,” advises Rachel Busman, Psy.D., former senior director of the Anxiety Disorders Center at the Child Mind Institute, in New York City. “You might say, ‘What’s on your mind when you think of school?’” With preparation, returning to routines likely won’t be a problem. “Some things will be easy and some may be difficult,” Dr. Busman says. “But after an initial adjustment period, kids will settle back in.”

THE HALLEN E Returning to a Healthy Sleep Routine

Experts agree that an effective strategy is to gradually move bedtime earlier in increments so the new schedule doesn't

PRISCILLA RA

feel like such a radical change. Two weeks before school (if time permits), move “lights out” back by a half hour each week, and don’t make the plan up for discussion. “Be firm and clear: ‘I know you’ve enjoyed staying up late, and you can a little on the weekends. Starting Monday, bedtime will be at such and such time,’” Dr. Busman says. A fun pre-bedtime activity—like reading, singing lullabies, or playing music—can make turning in more alluring, even something to look forward to. If there are multiple kids in the household, try to make bedtime a one-on-one experience, she suggests. “Kids crave time when they feel like the center of the universe, so make it a special thing between you—or whoever has the bedtime shift—and them.”

THE HALLEN E Being Apart From Parents

With so many parents working from home, September may mark kids’ first considerable solo stint, which can be scary and jarring—at first, anyway. “I think it may be an initial concern but not an enduring one,” Dr. Verduin says. “Once they’re at school with other kids, an environment that’s set up to receive, stimulate, and engage them, I think they will adjust within weeks.” First and foremost, *Parents* advisor Laura S. Olivos, Psy.D., a psychologist at the Olive Tree Center for Child and Family Psychology, in Miami Beach, asks parents to look within. “How are you regulating your own anxiety about fall? What are you modeling to your child?” she says. To show kids how *you* get through stress, you might say, “Hold on, I’m having big feelings, so

I’m going to do a belly breath.” Or “Mommy’s going to take a break, and I’ll be able to answer that in a second.”

Dr. Olivos suggests a three-pronged approach for addressing separation anxiety in your child. Start by creating predictable, structured routines to balance the nervous system. A visual schedule, where a child sees a colorful sequence of activities and tasks for the day, can be a helpful tool. Then give children some choices in their routine so they can feel some control, pacify anxiety, and be more autonomous. “The third thing I would do is normalize worries and offer tools they can use to cope,” Dr. Olivos says. These could include mindfulness exercises or deep breathing. Another idea: rehearsal. That could mean anything from visiting school before it opens for a walk-

through, doing a mock drop-off (literally—you’ll have them say goodbye, walk to the door, and return to the car), going on date night and leaving them with a sitter, or organizing a sleepover at a friend’s house. Don’t make a big to-do in your goodbyes, but reassure your child you will be back. Once you’re back together, praise their bravery.

THE HALLEN E Using the Bathroom at School

Though it’s a problem that often goes undiscussed for obvious reasons, many kids find it challenging to go to the bathroom outside the home, either refusing to go number two or not voiding at all. The result? Anything from accidents to a urinary tract infection to a just plain miserable kid who’s holding it for hours. The reason for

this difficulty is hardwired: “Pooping is a state of vulnerability,” Dr. Olivos says. “When we were cavemen, a lion could eat us if we were pooping.” Though being chased by predators isn’t the issue today, being made fun of by classmates can be, as can the common fear of a toilet’s loud flush (or a kid’s deep-seated psychological worry that the toilet could swallow a part of them). Elementary-school facilities may be located within the classroom, and kids may feel heightened embarrassment about the social stigma of using the bathroom after a year of going at home.

If your child expresses anxiety about going at school, let their teacher know and ask what the bathroom situation will be this year. (Some may have converted multiple stalls into a single-use facility, for example, or may have restrictions in place about how many kids can go at once.) To ease your child’s fears, start with an exploratory prompt, like, “I wonder why it feels difficult to go potty at school?” Then walk your child through the plan (“First you’ll go down the hall, and next you’ll make sure the seat is down before sitting...”).

If they have concerns about hygiene amid COVID-19, equip them with wipes or hand sanitizer. Practicing using other public restrooms can also go a long way. And make sure your child realizes they have some semblance of control about how to go through this process: “Did you know that if you need to go potty at school, you can ask your teacher for help? Maybe you can bring a book if you need to relax.” (Of course, you’ll want to check with your



IN SEARCH OF the Best for Back to School

It's been a wild ride. As the kids (finally!) head back for a normal school year, we've rounded up some of the can't-miss products you and your family need for back to school. Find them below—and then find out why these brands are top of the class.

WORD
SEARCH

Art

Cafeteria

Lemi Shine

Math

New Clothes

Recess

Stay Healthy

Teacher

Backpack

Crayons

Lunchables

Michaels

Pencils

School Bus

Supplies

Books

Gym

Lunchbox

Music

Reading

Science

Swash

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MICHAELS

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LEMI SHINE

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LUNCHABLES

There's no limit to what you can build with your favorite Lunchables—whether it's a pretzel horse or a rocket ship. Lunchables is the toy you can eat. lunchables.com



child's teacher to make sure this is okay.) Finally, give them tools to cope. "Encourage them to breathe through their anxiety," Dr. Olivos says. "And tell them you're proud of them for working through this."

THE HALLENBERG Reestablishing Screen Limits

Excessive screen time became its own epidemic during lockdown— 75 percent of the parents we surveyed said their kids' screen time had increased, and

60 percent expressed concern about the uptick. Parents should be aware that kids generally don't have the ability to regulate this habit. "Screen time affects dopamine in the brain, and some games are engineered to get you to use them more," Dr. Berduin says.

Every child is different when it comes to how much screen time is too much. (Check out the media calculator at [healthychildren.org](https://www.healthychildren.org) for an estimate.) You can try to regulate devices by allowing usage for a certain number of minutes a day or during a specific time period, but replacement therapy may be a more effective solution. Consider the times when your child gravitates toward screens and what function they serve.

"If they're going to screens to connect with friends, can you set up some safe playdates instead? Or can they do a FaceTime in place of a video game?" Dr. Berduin says. Another tactic is to create an incentive system. If you accomplish a specific task, you get a certain amount of screen time, Dr. Olivos says. "You want to make sure you're being predictable in how they can earn that access instead of sporadic. The more inconsistent you are with rules, the more inconsistency they're going to display back to you in their behaviors."

Frame things in a way that doesn't blame your child. "It's hard for us to control ourselves around technology, just like with junk food. I love donuts. You love Cheetos. We aren't getting rid of them. We're just deciding when it's a good time to have them, like on a Saturday or with friends." Some children will resist the new plan. "They'll lie about it, negotiate, beg, and fight," Dr. Berduin says. "If you're seeing that

W A T I
A O T S O O

"Being in a real classroom that never glitches."

Jasper, second grade

W A T I
A O T S O O

"Seeing who my teacher is. I hope they're as nice as last year's. And I like the muffins at breakfast."

Cori, third grade

behavior, it's a warning sign that use is unhealthy and excessive, and you're doing the right thing in cutting it back."

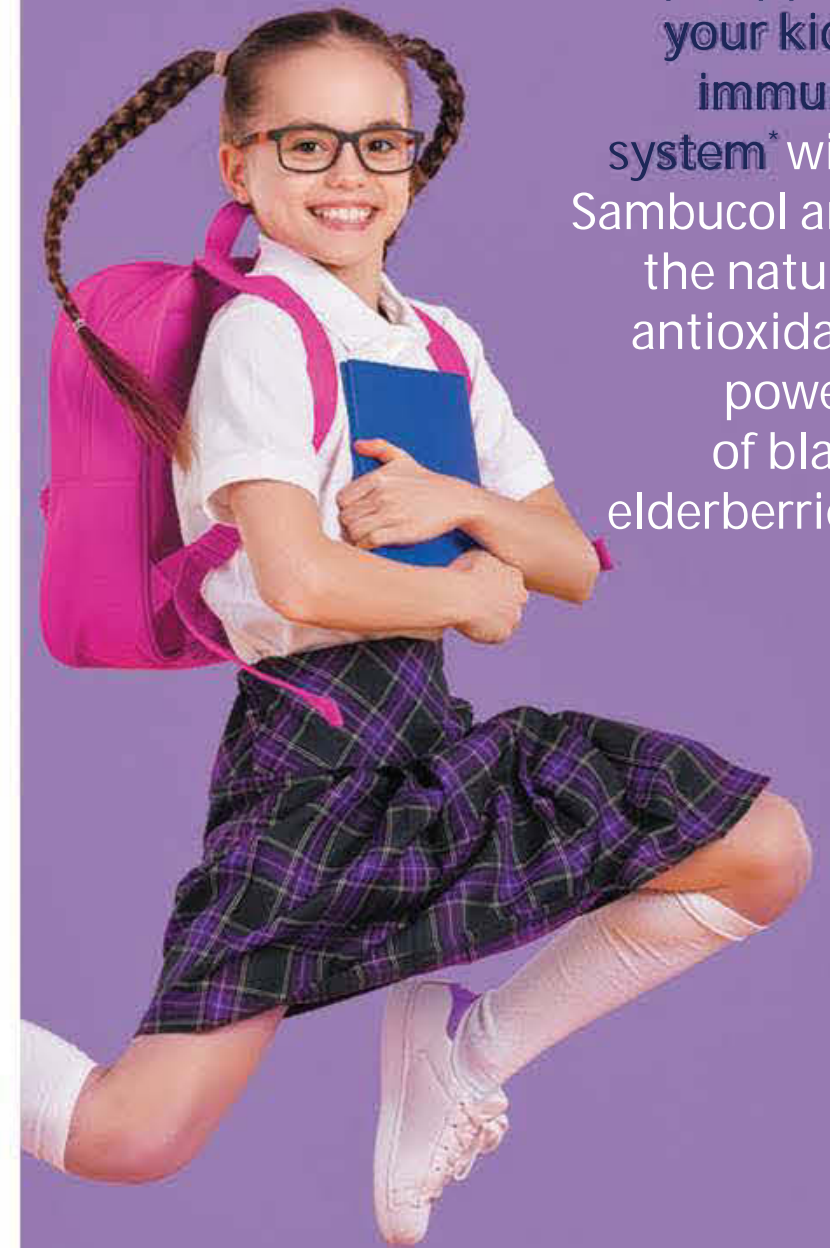
THE HALLENBERG Socializing After So Much Isolation

While some kids will be excited to see their buddies on a regular basis, others may be apprehensive. Validate their feelings by saying it's okay if they're not sure how to get back to playing like they used to. Role-playing activities like playdates, greeting a friend, or taking turns can help get kids back into the swing of things, Dr. Olivos says. "Kids learn a lot through hands-on approaches, visualization, and having choices in what they can do." Practice making introductions, which can be as simple as "Hi, I'm [name]" or "Hey, want to play with me?" Kids starting at a new school may worry about not knowing anyone in their class. In this case, Dr. Busman suggests getting a list of kids in the grade or asking your child's new teacher for a class representative contact. "Reach out and see if you can arrange a playdate or a breakfast or lunch in the park."

Keep in mind that this time has been enlightening for us all, and your child may have come to realize that they enjoy being on their own. Don't worry too much if your child asks for more time to read or write stories or just be. "Like adults, some kids thrive on alone time, and that's healthy. It's when they choose to be alone because they're too afraid to interact with others that you should intervene," Dr. Olivos says. That may mean talking to the teacher about involving them in group activities in class or seeing a psychologist.

GOODBYE, VIRTUAL CLASSROOM HELLO, NEW SCHOOL YEAR

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Add Sambucol kids gummies to school lunchboxes or drop a spoonful of kids syrup into a smoothie for a healthy after-school snack.



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LESSON
6

Lunch Can Be a Treat

When a meal makes your kid crack a smile, you know it's a win. But adorable themed lunches that are doable, fun, and easy to make ahead of time? That's a win-win.

recipes by OYOWARD photographs by ENASEY



GARDEN OF EATIN'

Ham Cheese Butter y
tups
ummy worms cr spy
snap pea snacks
for recipe, see page 10.

Use a paring
knife to cut
into a
circle





Slice the bread like this and you'll have all the pieces to make a sailboat

AT O T E DAY

Tuna Sandwich
Peppered
Farm of
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ummy sharps

or recipe, see
page 0.





A ARAIN OW
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A mond Butter S uee e
Pac h ch offers a so dh t of
prote n n each pouch
and h ch you' en oy ust
as much as they do.
H



Just n's LLC

i r

Go green or whatever hue your kid's into
this week with these monochromatic meal ideas.

RED

hili strawberries bell
pepper slices fruit leather
ORANGE
rilled cheese dried
mango Sungold tomatoes
cheddar crackers

YELLOW

ac 'n' cheese pineapple
yellow baby carrots
buttered popcorn

GREEN

ettuce-wrapped
sandwich cucumber
slices grapes kale chips

PURPLE

Pumpnickel bread
with nut or seed
butter and blueberry jam
purple baby carrots
plum blue
corn tortilla chips



LUNCH
WAS ALWAYS MY
FAVORITE
CLASS IN SCHOOL.



Justin's[®]
BRAND
LIVE A LITTLE NUTTY[™]
VISIT JUSTINS.COM



Cut moons and stars from Colby Jack slices and honeydew using cookie cutters.

ACROSS THE UNIVERSE
Mini Meatball Rockets + Colby Jack cheese moons + honeydew stars + Pirate’s Booty clouds

Mini Meatball Rockets
Active Time **30 minutes**
Total Time **30 minutes**
Makes **6 servings**

INGREDIENTS
For the meatballs:
Nonstick cooking spray
1 lb. ground chicken
1 large egg
1 cup finely minced onion

½ cup panko breadcrumbs
¼ cup grated Parmesan cheese (1 oz.)
1 tsp. dried oregano
½ tsp. garlic powder
½ tsp. kosher salt
¼ tsp. black pepper

For the skewers:
1 small red bell pepper
1 small orange bell pepper

MAKE IT
1. Prepare the meatballs: Preheat oven to broil with the rack 6 to 8 in. from heat source. Line a rimmed baking sheet with aluminum foil, and coat with cooking spray. Set aside.

2. Stir together chicken, egg, onion, panko, cheese, oregano, garlic powder, salt, and pepper in a large bowl (do not overmix). Shape mixture evenly into 24 balls (about 1 Tbs. each), and arrange 1 to 2 in. apart on prepared baking sheet.
3. Broil meatballs 3 minutes. Remove from oven, and flip meatballs. Return to oven, and broil until a thermometer inserted into thickest portion of meatballs registers 165°F, about 3 minutes.
4. Prepare two skewers: Trim tops and bottoms from bell peppers; remove seeds and ribs and flatten bell peppers. Trim

red bell pepper into two 1-in. triangular rocket noses. Trim orange bell pepper into two 1-in. flames. Thread each red rocket nose onto a 4-in. skewer (cutting off sharp points first), then add 2 meatballs. Complete each rocket with an orange flame.
5. Freeze leftover meatballs in zippered plastic bags (4 per bag) up to 2 months. For lunch the next day, transfer frozen meatballs to the refrigerator, then make and pack skewers in a lunch box in the morning.
NUTRITION PER SERVING
183 calories; 17g protein; 8g fat (3g sat. fat); 10g carbs; 1g fiber; 2g sugar; 1mg iron; 60mg calcium; 315mg sodium

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough eczema treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

HELP
HEAL
YOUR
SKIN
FROM
WITHIN™

DUPIXENT may help provide:

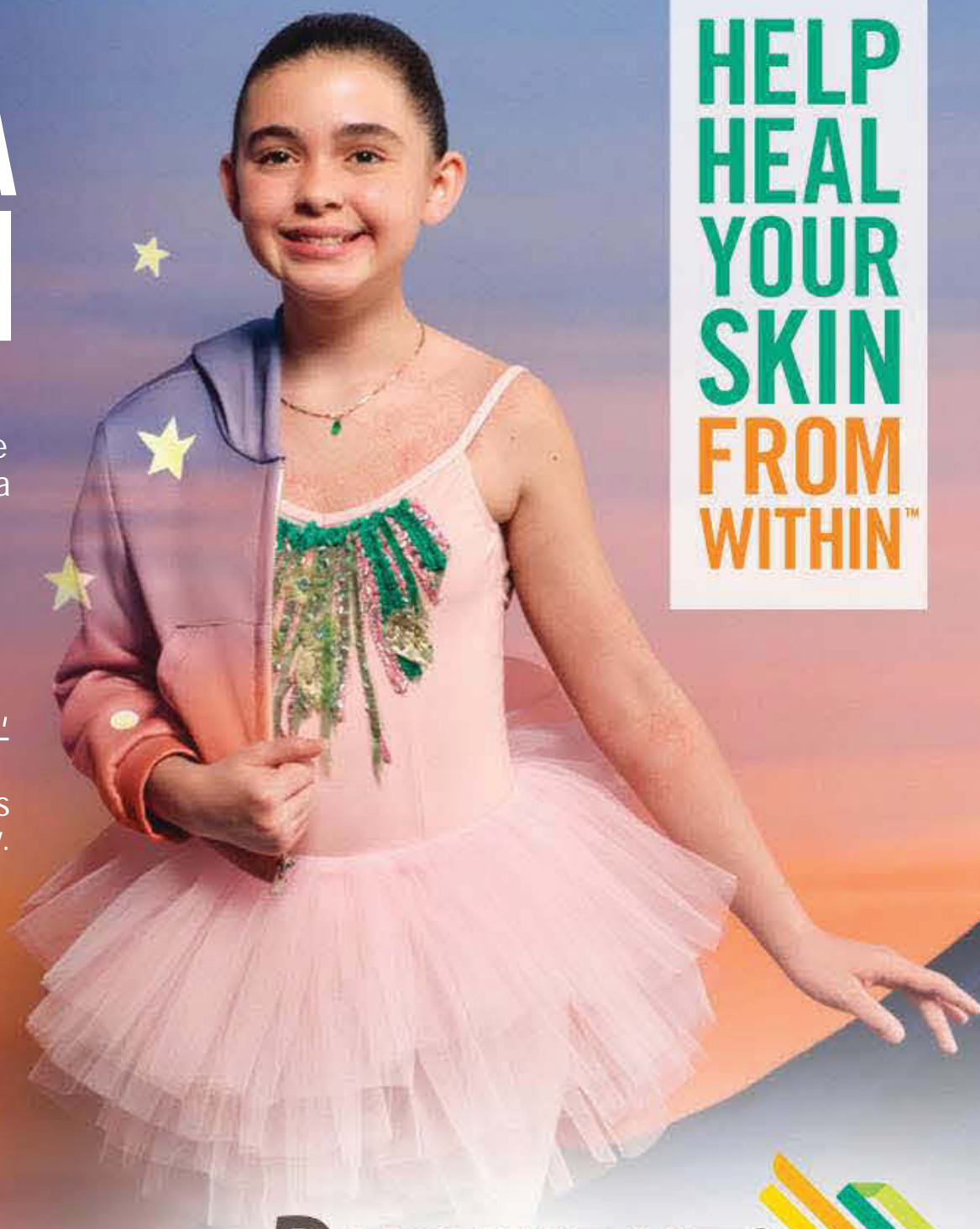
- ▶ Clearer skin
- ▶ Noticeably less itch

DUPIXENT is:

- ▶ Not an immunosuppressant
- ▶ Not a cream or steroid

JOLIE,
REAL PATIENT

Individual results
may vary.



DUPIXENT® 
(dupilumab) Injection
200mg • 300mg

— TALK TO YOUR ECZEMA SPECIALIST AND VISIT [DUPIXENT.COM](https://www.dupixent.com) OR CALL 1-844-DUPIXENT (1-844-387-4936) —

INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. Do not try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME  **REGENERON**

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DUP.21.03.0174

YOU MAY BE ELIGIBLE FOR **AS LITTLE AS A \$0 COPAY*** CALL 1-844-DUPIXENT (1-844-387-4936)

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Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only

(DU-pix'-ent)

injection, for subcutaneous use

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- **See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic

dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab
Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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Issue Date: January 2021



Y O E

Pupperoni Pizza
orange ball pretzel bones
doggie biscuits

Active Time 5 minutes
Total Time 25 minutes
Makes servings

IN RE IENT

- $\frac{1}{2}$ cup whole-milk ricotta cheese
- 1 garlic clove, grated (1 tsp.)
- $\frac{1}{4}$ tsp. kosher salt
- $\frac{1}{8}$ tsp. black pepper
- 4 sandwich-style pepperoni slices
- 1 green bell pepper
- 6 large pitted black olives, divided
- 2 whole-wheat English muffins, split
- $\frac{1}{2}$ cup part-skim shredded mozzarella cheese (1½ oz.)

MA E IT

Preheat oven to 425°F. Stir together ricotta, garlic, salt, and pepper in a small bowl; set aside.

Trim about $\frac{1}{4}$ in. from each pepperoni slice to create a puppy snout. Trim bell pepper into 8 small wedges (about 2x1 in.) that look like puppy ears. Cut 4 of the olives in half crosswise to make 8 eyes. Halve the remaining 2 olives lengthwise to form 4 noses.

Spread ricotta mixture evenly onto split English muffin halves (about 1 Tbs. each). Top evenly with mozzarella. Decorate each with 1 pepperoni snout, 2 bell pepper ears, 2 olive eyes, and 1 olive nose.

Arrange pizzas on a rimmed baking sheet. Bake until cheese melts and pepperoni begins to crisp, about 10 minutes.

Let pizzas cool, then pack in a sealed container or wrap in parchment paper or plastic wrap and refrigerate until ready to add to lunch box with a cold pack. If freezing, let cool completely, then wrap and freeze for up to 2 weeks; thaw in refrigerator overnight before packing the next day.

NUTRITION PER SERVING

260 calories; 16g protein; 14g fat (7g sat. fat); 17g carbs; 2g fiber; 1g sugar; 1mg iron; 381mg calcium; 684mg sodium

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Use a
citrus ester to
cut stripes
into an oran e

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bones on anilla a er coo ies
ith an e ible ar er
W W
E C M



A D EAT
 Alphabet pasta + Trader Joe's Cinnamon Schoolbook Cookies + personalized fruit leather + cucumber wedges

A
 Active Time 35 minutes
 Total Time 5 minutes
 Makes servings

IN RE IENT
 tsp. kosher salt, plus more for pasta water
 cups large alphabet pasta (o .)
 Tbs. olive oil
 cup chopped onion (from onion)
 garlic clove, minced (tsp.)
 -o . can whole tomatoes
 cup tomato sauce
 tsp. dried oregano
 tsp. black pepper
 cup plus Tbs. reduced-fat milk
 Tbs. grated Parmesan cheese

MA E IT
 Prepare pasta according to package directions. Set aside.
 Heat oil in a Dutch oven over medium. Add onion; cook, stirring often, until softened, about 3 minutes. Add garlic; cook, stirring often, 1 minute.
 Using kitchen shears, cut canned tomatoes inside the can into small pieces; add them, with their juices, to Dutch oven. Stir in tomato sauce, oregano, salt, and pepper. Bring to a simmer over medium, stirring often. Reduce heat to medium-low; cook, stirring occasionally, until sauce is thickened and no longer watery, 10 minutes.
 Remove sauce from heat. Using a blender or an immersion blender, process sauce until smooth, about 30 seconds. Stir in milk and cheese. Add pasta, and stir well.
 Let pasta cool; store in an airtight container in refrigerator for up to 1 week. In the morning, warm up 1 serving; pack in a thermos and add to lunch box.

T ITI P S I
 calories g protein g fat
 (g sat. fat) g carbs g fiber
 g sugar mg iron mg calcium
 mg sodium



Stamp your kid's name in a piece of fruit leather using mini alphabet food cutters. Or go for a monogram if their name is long



**Make something for
the whole family tree.**

KISSES Acorn Treats

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Active Time 5 minutes
Total Time 1 hour
Makes 5 servings

INGREDIENTS

- 1 8-oz. can crescent-dough sheet
- 1 Tbs. Dijon mustard
- ¼ tsp. dried thyme
- 6 deli ham slices (about 4 oz.)
- 6 thin Swiss cheese slices (about 3 oz.)
- 10 broken pretzel sticks or chow mein noodles
- 1 lettuce leaf, like romaine, Bibb, or iceberg

MAKE IT

- Preheat oven to 375°F. Line a baking sheet with parchment paper; set aside.
- To make the butterfly bodies, unroll crescent roll sheet on a clean work surface. Using kitchen shears, trim 2 in. from one short end of dough (reserve the rest); using your hands, roll the trimmed piece into a 16-in. rope. Cut rope evenly into 5 portions. Roll each portion into a 4-to-5-in. piece. Set aside.
- To make the pinwheel wings, spread mustard evenly over remaining dough sheet; sprinkle with thyme. Top with ham to cover, slightly overlapping slices; top with cheese slices, slightly overlapping. Starting at one short end, roll dough up into a log. (Trim outer log ends, if uneven.) Using a sharp knife, cut log crosswise into ten ¼-in.-thick pinwheel slices.
- To assemble each butterfly, arrange 1 rope-shaped dough body on prepared baking sheet. Poke 2 pretzel sticks into one body end for the antennae. Place 1 pinwheel on each side of body to make wings, pressing wings into the dough but being careful not to cover the body. Repeat process with remaining dough, pretzels, and pinwheels to make 5 butterflies.

5. Bake pinwheel butterflies until golden brown in spots, 10 to 12 minutes. Let cool completely, about 30 minutes.

6. To freeze, place each cooled butterfly in an aluminum-foil packet; place packets inside a zip-top plastic bag and freeze up to 2 weeks. Place butterfly on top of lettuce in lunch box. (Frozen cooked pinwheels can be added directly to lunch boxes in the morning and will be ready to eat at midday.)

NUTRITION PER SERVING
251 calories; 12g protein; 13g fat (3g sat. fat); 21g carbs; 0 fiber; 5g sugar; 1mg iron; 143mg calcium; 751mg sodium

Ki i Tulips

Using a paring knife, poke side of fruit until you reach the center, and cut a zigzag line around the equator, without cutting all the way through. Gently pull halves apart, then place a blueberry in the middle of each half.



T S

Active Time 20 minutes
Total Time 20 minutes
Makes 2 servings

INGREDIENTS

- 4 whole-wheat sandwich-bread slices
- 1 5-oz. can tuna packed in oil, undrained
- 1 small celery stalk, chopped (¼ cup)
- 3 Tbs. mayonnaise
- 1 tsp. chopped fresh dill
- ¼ tsp. black pepper

MAKE IT

- Stack 2 bread slices; trim and discard crusts from square end. Cut about 1½ in. from the rounded end of the slices, and set aside. Cut remaining rectangular bread pieces diagonally into 2 triangular sails, trimming and discarding bread as needed to make 1 sail larger than the other. Using a ½-in. round cutter (or the opposite end of a small pastry tip), cut out



ADD A CHUCKLE
Pack extra laughs and slip in a silly joke such as “What do you call pasta cooked in a hot tub? Spa-ghetti.” You’ll find a ton of good ones in the book More Lunch Lines, by Dan Signer, which you can easily rip out and include in your kid’s lunch box.

3 circles from one of the rounded bread pieces. Repeat process using remaining 2 bread slices.

- Stir together tuna, celery, mayonnaise, dill, and pepper in a small bowl. Spread ½ cup tuna salad evenly over half of the bread pieces (use 1 of each size), then sandwich with remaining bread pieces, being sure to use the bread piece with holes for a top piece. Repeat process with remaining ingredients to make a second sandwich for a sibling.
- Refrigerate, then add to lunch boxes with a cold pack.

NUTRITION PER SERVING
438 calories; 26g protein; 25g fat (5g sat. fat); 25g carbs; 4g fiber; 3g sugar; 2mg iron; 99mg calcium; 817mg sodium

Ve ie Coral Ree

Spoon a few tablespoons ranch dressing into the well of a bento box or a small container. Stand small cut vegetables, such as purple and green broccoli, baby bell peppers, and purple carrots, upright on their ends in dressing.

R

R

Active Time 20 minutes
Total Time 20 minutes
Makes 2 servings

INGREDIENTS

- 1 15-oz. can cannellini beans, drained and rinsed



- ¼ cup olive oil
- 3 Tbs. tahini
- 3 Tbs. fresh lemon juice (from 1 lemon)
- 1 Tbs. water
- ¾ tsp. kosher salt
- ¼ tsp. black pepper
- 1 small garlic clove
- 2 8-in. spinach wraps
- ½ cup shredded red cabbage (from 1 small head)
- ½ cup thinly sliced Persian cucumber spears (from 1 small cucumber)
- ½ cup sliced yellow bell pepper (from 1 small bell pepper)
- ½ cup sliced red bell pepper (from 1 small bell pepper)
- ½ cup thinly sliced carrot spears (from 1 medium carrot)

MAKE IT

- Prepare the white-bean hummus: Process beans, oil, tahini, lemon juice, water, salt, pepper, and garlic in a food processor until smooth, 20 to 30 seconds. (If mixture is too thick, blend in additional water, 1 tsp. at a time, until desired consistency.)
- Prepare the roll-ups: Spread 3 Tbs. hummus over 1 spinach wrap. Place ¼ cup cabbage on one side of wrap, then top with about ¼ cup (a few spears or slices) each of cucumber, yellow bell pepper, red bell pepper, and carrot. Roll tightly, tucking in edges of wrap as you roll. Seal with a dollop of hummus. Cut wrap in quarters crosswise. Repeat process with remaining wrap and vegetables for a sibling.
- Refrigerate, then add to lunch boxes with a cold pack. Refrigerate remaining hummus, covered, for up to 5 days.

NUTRITION PER SERVING
333 calories; 10g protein; 13g fat (2g sat. fat); 46g carbs; 6g fiber; 6g sugar; 4mg iron; 136mg calcium; 707mg sodium



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Your Child Will Catch Up



After an incredibly frustrating year you may be wondering about the long-term impact on your kid’s learning. But experts say it’s worth keeping things in perspective and that there are ways to support students this go-round (without having to supervise their classwork).

by EILEEN KEE | photographs by TAYLOR AYER | ILLUSTRATION BY OWEN DUNN

AS SCHOOLS throw open their doors and kids return to answering word problems and math equations, the question on most parents’ minds appears to be: Are they ready for academics? It’s understandable to be worried that your child didn’t learn as much as they should have last year. In our 2021 Back-to-School Survey, 36 percent of parents expressed concern that their

child wouldn’t meet grade-level expectations this year. And disparities across the country were stark: Some kids were in the classroom all year, while others received little live instruction and lacked access to technology. Still others lost loved ones, suffered from housing or food insecurity, and wrestled with anxiety or depression. After Alyssa Hanada received repeated warnings

from the teacher that her third-grader was watching YouTube instead of paying attention in class, her two sons returned to school in Portland, Oregon, for a few hours a day in the spring. “I heard people say, ‘My kids are thriving online,’ but it was very hard to keep my son engaged with Zoom,” she says. “I threw up my hands and said, ‘This year was a wash.’” A report by the consulting firm McKinsey & Company

estimates that, on average, students had lost five to nine months of learning by the end of June 2021. And research from The Wharton School of the University of Pennsylvania calculates that the lasting effects of learning loss from school closures on the economy, including lower productivity and lower wages, will reduce the U.S. GDP by 3.6 percent in 2050.

WATI♥AOTS OO

"In the last day, we had every snack
you can imagine. I bet we'll get to do
that again." e, t ird grade

WATI♥AOTS OO

"Seeing my friends. Also, the
school's chicken and noodles.
on't tell anyone that part."
adence, , fourt grade





But despite such predictions, many educators on the ground are more optimistic. The nonprofit Collaborative for Student Growth at NWEA found that students, particularly those in third to fifth grades, fell behind in math but appeared to stay more or less on track with reading. Especially in early elementary school, kids have time to master reading and math fundamentals, says Emily Levitt, vice president of education at Sylvan Learning. Because math tends to build sequentially, not grasping a key concept—like graphing or subtracting three-digit numbers—last year does make it harder to advance, but kids will have opportunities to review the material this year and fill in gaps as they move ahead in school.

Teachers do say that third grade is a particularly crucial year, Levitt points out. “By the end of third grade, you’re no longer learning to read, you’re reading to learn.” Students need to be able to comprehend information

from textbooks and solve word problems. So the parents of third and fourth graders may want to be especially vigilant. In general, though, rather than focusing exclusively on learning loss, both parents and teachers should reframe this year as an opportunity for a fresh start, suggests James S. Kim, Ed.D., professor of education at Harvard Graduate School of Education.

● Get ready to psche

Above all, it’s important for returning students to think of school as a positive, welcoming place to be. “During the pandemic, some kids became isolated and detached from school,” says Matthew Kraft, Ed.D., associate professor of education and economics at Brown University. “We want to make sure that they reconnect with their learning environment, which will foster long-term success.”

To best help your child, “plan, don’t panic,” says teacher Tina Athaide, one of the

founders of a charter school in Menifee, California, and author of the picture book *Meena’s Mind Moment*. Think of the new school year as if you’re taking your child to a foreign country—one that they’ve never been to or haven’t visited for a long time, Athaide suggests. “Students need to learn the language of school again.” You can establish—or reestablish—your routines at home, such as setting aside a regular time and place for completing homework and reading. Create a station for incoming and outgoing paperwork, since kids will likely be bringing papers home again after submitting most work digitally last year. Set up older students for success by buying them an academic planner to help them get organized.

These steps will not only smooth your child’s transition back to school but also build a strong foundation for learning—and catching up. There’s more to being a good student than knowing how to, say, calculate fractions,

says Jimmy Halpin, an elementary-school teacher in New York City. “It’s about organizational and time-management skills and self-motivation.”

● Give the time to settle in

Students, especially younger kids, will need to relearn—or learn for the first time—the fundamentals of classroom behavior, from raising their hand in class to working collaboratively with their peers on small-group projects. Wait a month or two before getting too concerned about whether they’re on par with their classmates, Athaide says. Students who fell behind only slightly last year will likely make quick strides, picking up forgotten skills with a little review. “Once a child is back in the routine, the learning will happen,” Athaide notes.

During the first few weeks, teachers will likely do assessments to determine whether your child is meeting grade-level standards. Tests help teachers see what most students in the class learned and retained last year, and they also identify individual students who need extra help, Dr. Kim says.

● Share in oration with the teacher

Chances are, you already have an inkling if your child is significantly behind, because last year’s teacher will have let you know. But all parents should think about what did and didn’t work for their child in remote learning. “You’ve had a direct window into your child’s struggles and achievements and can provide valuable insights,” says parents advisor



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Patricia Edwards, Ph.D., professor of teacher education at Michigan State University College of Education. Just as doctors collect medical history, teachers want to know these types of details.

Once the school year starts, you can observe and collect more specifics for the teacher. Can your child finish homework by themselves? If they are struggling to read, which words make them stumble? Which words do they mispronounce? What kind of books do they prefer? You can discuss this information during your first parent-teacher conference, but if you have concerns and the teacher hasn't contacted you within a few months, don't hesitate to reach out. "If your child cries because they get so frustrated doing homework, you need to share that with the teacher," Halpin says.

● Develop a plan together.

Now more than ever, parents and teachers have to work hand in hand, Dr. Edwards says. Teachers should inform parents about their lesson plans and how they can support the curriculum at home. During the pandemic, Sa'iyda Shabazz, a mom of a 7-year-old in Los Angeles, attended regular online parent workshops led by her son's

first-grade teachers. It helped her see what he was learning and how she could assist him. "They'd share the screen and say, 'Here's an exercise you can do, here's a math game you can play with them,'" she says. "It kept us in the loop, especially because we had to pick up the slack at home."

You should expect that kind of partnership to continue. It's not so much about buying flash cards or workbooks for your kid, but knowing how to reinforce what they're learning in class. For instance, teachers stress that it's not your job to tutor your child to advance from one reading level to the next. Rather, you should read to them and encourage them to read books at their level and discover books they enjoy. Listening to audiobooks, sharing silly puns, and baking are a few fun ways to review and practice reading and math skills at home, Athaide says. Especially for kids who are only a little behind, this will build their confidence and prepare them to make the next leaps in learning.

● Consider using a tutor.

Not all parents can afford to use private tutors—nor should they be expected to. But if your teacher suggests it, know that research has shown one-on-one tutoring to be one

of the most effective tools for helping students who are behind. Ask if your school provides group tutoring or even individualized tutoring with a specialist, which schools may be offering with the help of federal funding. "There may be additional opportunities for students to be tutored by volunteers and college students," Dr. Kraft says. Kids can't hide in a one-on-one setting, and it'll allow them to focus on building the specific skills they missed.

Last fall, when Melissa LaFreniere saw her 11-year-old daughter struggling to finish her math homework, she used the family's stimulus check to hire a tutor through Sylvan Learning. The tutor helped her fifth-grader solidify the skills—some dating back to third grade—that she needed to catch up with her class. "She's in a much better place now," says LaFreniere, a mom of two in Grand Rapids, Michigan.

● Remember the big picture.

As much as Alyssa Hanada worried that her third-grader had fallen behind in math last year, she was even more concerned that he was missing out on interacting with other students and making new friends. "School is more than just academics," she says.

Now that kids are back in school, relish the time they'll have to connect with peers, learn to take turns, speak in front of an audience, and work together on a project—all the elements that are now possible because they're together in person. "We've come together as a community and have weathered a once-in-a-century pandemic," Dr. Kraft says. "Let's celebrate all that we've survived and support those who need the most support."

If Your Child Already Had Learning Challenges

Students with learning disabilities or special needs were disproportionately affected by the pandemic. Jamie Davis Smith, a mom of four in Washington, D.C., worries that she lost valuable time to help her 6-year-old son, who'd been diagnosed with dyslexia during the pandemic but couldn't get the proper support. "The message to parents has been, 'Everybody is in the same boat,' but we're not."

Most schools struggled to offer support services during the past year, and it has exacerbated inequities that were already hurting students of color with disabilities, according to a national analysis by The Civil Rights Project at UCLA.

Now that students are back in school, it's an opportunity to revisit your child's individualized education program—and work with their teachers and special-education specialists to identify the support your student needs.

An influx of federal funding is expected to provide schools with more resources, and some may have already begun using it by offering summer school. Heather Clarke, a disability advocate and adjunct professor of education at The City University of New York, encourages parents to band together to advocate that schools use those funds to adequately provide support for students with disabilities or special needs—services that are mandated by law. "These are things that students need to thrive and that directly affect them both inside and outside the classroom."



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How do you show your kid's teacher how much they mean to your family? Check out this list of easy and sure-to-be-appreciated ways to express your thanks.

* Put it in Writing

Ask teachers their number one favorite gift, and chances are they'll say they value notes from their students more than anything. Have your child sit down and draw a picture or write a thank you to a special teacher. And don't forget the power of a parent thank you too. A quick, heartfelt email showing your appreciation is always valued.

* Give Your Time

Last year, most teachers had to make do without parent volunteers—and that placed a huge strain on them when they were already overstretched. Raise your hand to devote your time: offer to photocopy and collate worksheets, plan class parties, volunteer in the lunchroom, or chaperone a field trip.

* Help Stock the Classroom

An apple might be the traditional teacher gift—but most teachers prefer more practical tokens of appreciation. Think supplies for the classroom, like tissues and Clorox Disinfecting Wipes. It will save them from needing to spend their own money on necessary items to keep the classroom humming.



THE POWER OF GIVING

Supplying Our Superheroes

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In partnership with DonorsChoose, Clorox is helping to clear teachers' back-to-school wish lists by providing them with essential supplies to run a safer and effective classroom, including books, wipes, crayons, masks, and more.

Together, let's champion those who help our kids thrive. After all, sometimes even superheroes need people to have their backs!

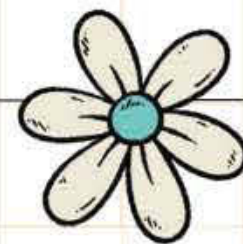


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Our priorities have shifted

A welcome result of the pandemic mentioned by every teacher we spoke with: An emphasis on social-emotional learning (SEL). "The fact that it's become part of the curriculum is huge," says Jessica Jones, a kindergarten teacher in Dallas. "Mental health is going to continue to be a real issue for kids years from now because of the past year."

"We begin every morning with an SEL lesson, using a program called Sanford Harmony, which has cards with conversation starters that give kids the opportunity to share with each other," says Lisa Bloom, a fifth-grade teacher in New York City. An example: Think of how you're feeling today. What color best describes this feeling. Why? There has also been an increase in mindfulness to address students' emotional needs. "We did a lot of



ESSAY
8

Empathize With Educators

The more we understand what they're grappling with behind the scenes, the better prepared we can all be to help our children thrive this year. Teachers told us what they wish they could tell you.

by ERIN AMMETT RIDDY photography by AUSTIN ORR

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Caleb Lowell
Middle-school band
director,
Pensacola, Florida

EDUCATIONAL PASSION
Watching students go from
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HOPE FOR THE YEAR

"That my students will return
with a renewed sense of
purpose and that everything
is up from here."



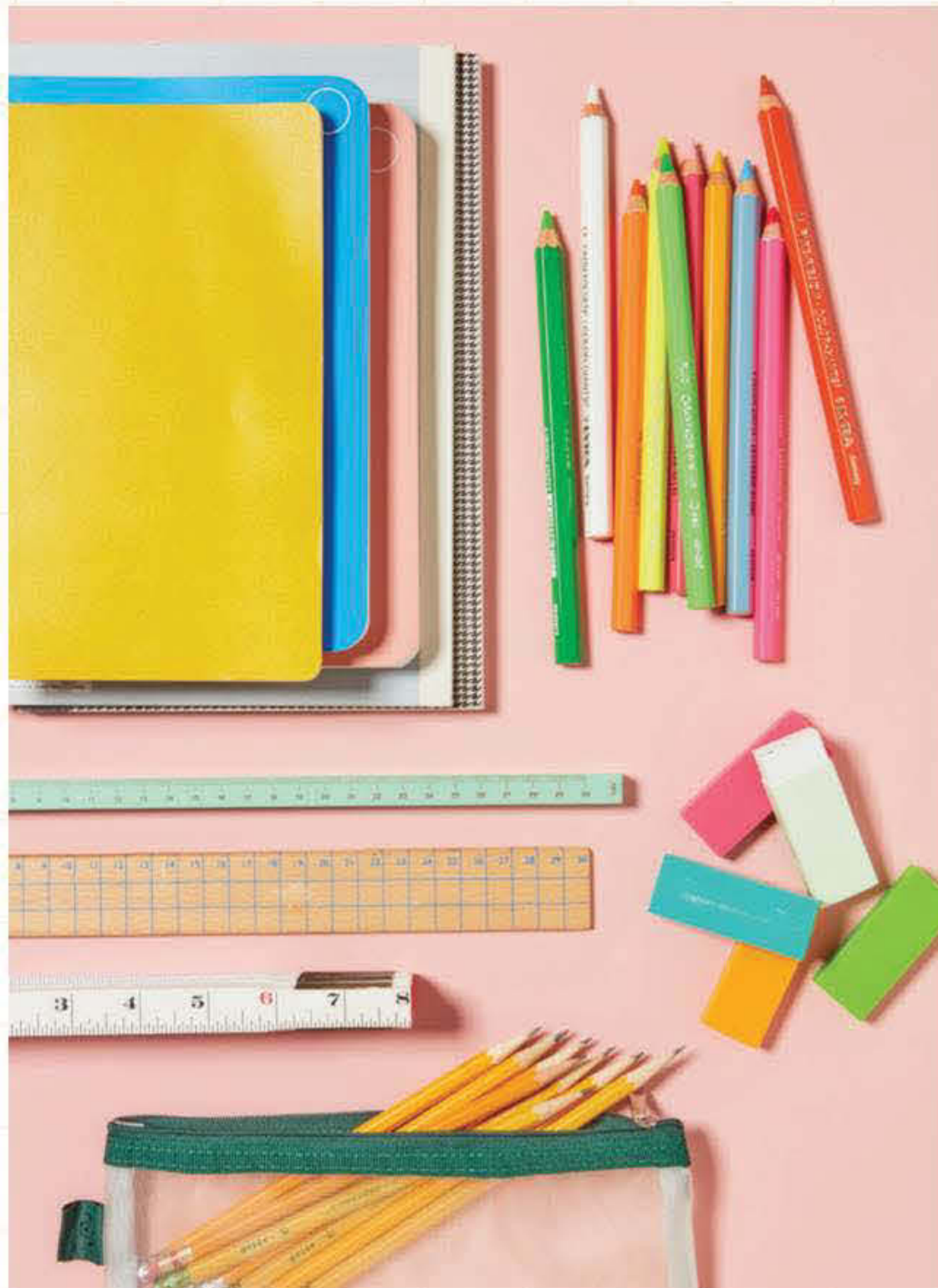
breathing exercises and simple meditations,” says Monique Keith, a second-grade inclusion-class teacher in Centerport, New York. “We had a school motto, ‘We can do hard things!’ and we centered our SEL lessons on this theme.”

The need for mask breaks led to new routines—getting outside, getting children’s bodies moving, getting fresh air—that schools hope to continue. “We took daily walks, ate snack outside, and even did lessons on the grass,” Keith says. “This was something we never did in the past. It was amazing to see the impact some outdoor time had on the children—and teachers.”



Kids need to see that you trust us

“We go through years of training, we have continued education while teaching, and we really know what we are doing,” says Dana Kindelmann, a third-grade teacher in Greenville, South Carolina. “If you side with us and let your kids know that we’re on the same team, we will grow your child together.” That means talking positively about the teachers to your child even if there is an issue you need to address. “They are with us all day, so try not to make them feel caught in the middle if you don’t like something we do,” adds Kelly Smith, a first-grade teacher in Montgomery County, Pennsylvania. “And give us the benefit of the doubt, just as we give you the benefit of the doubt when your children tell us things that happen at home.”



It’s easy to stay in the loop

Keep track of all the printed information that comes home (check your child’s backpack and folders daily in the younger grades), read the emails, and check the school portal before asking questions. “We know that life can be overwhelming, but if you are unsure about something, please type a

quick two-line email asking if you missed something,” says Deborah Phillips, a second-grade teacher in Greenlawn, New York. “Things get overlooked, we understand, but just ask us.” Double-check that you have any login details, and familiarize yourself with the digital platform your child’s school uses. It can be frustrating, but it’s crucial for staying involved and on top of things.

W A T I ♥ A O T S O O

“Wondering what I’m going to learn each day”

—Dana, third grade

W A T I ♥ A O T S O O

“Making my class laugh, and playing basketball with my friends.”

—Kelly, first grade



Your children are more resilient than you realize

“Last year, my students ages 3, 4, and 5 rose to the occasion and didn’t skip a beat,” says DJ Mitchell, a preschool teacher in Lincoln, Massachusetts. “They wore masks every day, spent most of the time outside—in the cold, rain, and wind—spread out to eat, and they never complained.” Stephanie Scalise, a third-grade teacher in Naples, Florida, had a tougher time wearing a mask than her students did. It may not always seem that way, but kids handle change much better than most adults do, she says. “Seeing life through a child’s eyes helps remind you what life is all about.”



We are all a little extra

The top five classroom needs mentioned by the teachers we spoke with

- Tissues! So many tissues!
- Dry-erase markers, which dry out quickly (especially black, since colors don’t erase as easily, but any are welcome)
- Art supplies (teachers tend to spend a lot of their own money on these)
- Wipes (baby wipes, hand-sanitizing wipes, disinfecting wipes—anything that makes cleanup easier and safer)
- Extra worn sweatpants and T-shirts for the preschool set (backup clothes in case of accidents or spills)

6

Teaching is more than it appears to be.

It's like an iceberg. The part you see is in the classroom, but the part underneath is all the preparation. "You spend your day engaged with the students, and then you spend your afternoon and night thinking about

them, planning for them, creating things for them," says Heidi Moran, an elementary-school teacher in Beverly, Massachusetts. "The most important part of my job, teaching my kids, gets done during school hours, and everything else—planning, grading, continuing education, parent communication—gets done

after school, before school, on the weekends, and over the summer," Jones says. So let's all stop telling teachers, "Oh, it must be nice to have summers off." Many teach for an extended school year, some take classes on new ideas to bring to the classroom, and all are planning for the upcoming year.



7

Kids should do homework as independently as possible.

This is so important, says Danielle Crockett, a third-grade teacher in Queens, New York. "Teachers work hard to teach students new ideas, and it's frustrating when assignments are completed by their parents. We need to see that the children understand the work, not you."

8

A simple thank-you note means so much to us.

"Parents who acknowledge when they see their child's happiness in school, educational success, or a positive change in behavior goes such a long way for teachers," says Kristina Garcia, a second-grade teacher in Loxahatchee, Florida. "We feel appreciated when others let us know we are doing a good job. That's really all we need." What to say "You're awesome!" or "Thanks for teaching my kid to read!" or "That was a really cool project!" Bonus Send a cc to the principal or the superintendent.

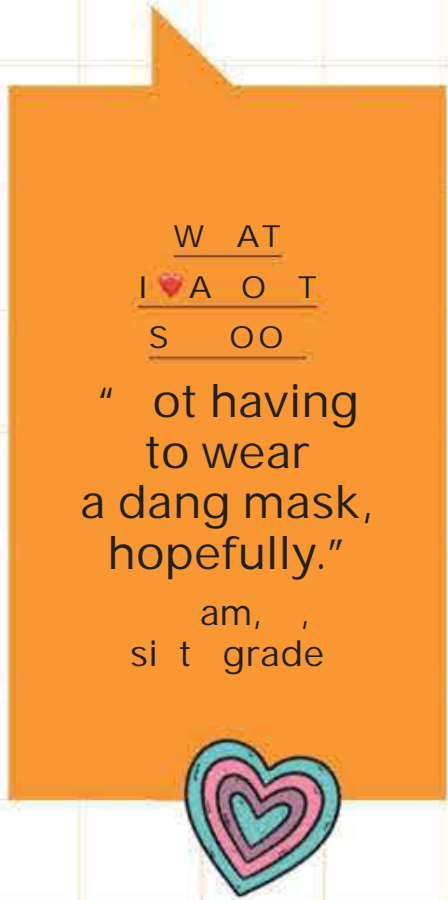
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Think before you vent.

You can also express appreciation by not bashing teachers on social media. "You can't say 'My daughter's teacher who I will not name' and think you're being discreet," Smith says. "Yes,

Backpacks on,
lunch packed and
ready to hang
with their teachers.





Florida. “I want to create the best lessons, impart the most knowledge, build the greatest level of self-love and self-esteem, and help create the kindest tiny humans I can.”

We’re truly excited about this year. Everyone is looking forward to the return to normalcy with our fingers and toes crossed—no masks! no plastic partitions! no social distancing!—but teachers are excited about other benefits of lifting restrictions too. “I really missed hugging the kids—and dancing together during our brain breaks!” Kindelmann says. “I want my students to see me smiling at them with my whole face!” Boerz says. And the education piece of it is huge—going back to small reading groups and engaged learning with centers and morning meeting in a circle on the rug. “We all want parents to take a deep breath because you did an amazing job last year,” Moran says. “Now let’s continue to work together to help ensure that students feel successful, included, and happy.”

we will make mistakes, but if you had 2 pairs of eyes on you all day that report home, you wouldn’t like people posting opinions of you either.” And if you see a teacher leaving along with the buses, it doesn’t mean

they don’t care—they have lives too. The teacher might be trying to catch their own child’s soccer game or take them to a doctor’s appointment, or they’re just headed out with some friends for happy hour. “Please

remember that we take our jobs seriously, but we’re people too,” Phillips says.

We love our jobs so much. “We lie awake at night worrying about your son or daughter the same way we do our own children,” says Ginny Boerz, a preschool teacher in Centerville, Ohio. “I take my job home every single day—not just the lesson plans or tests that need to be graded. I take home the weight of the responsibility of being an educator,” says Meg Terry, a first-grade teacher in Orange County,

S

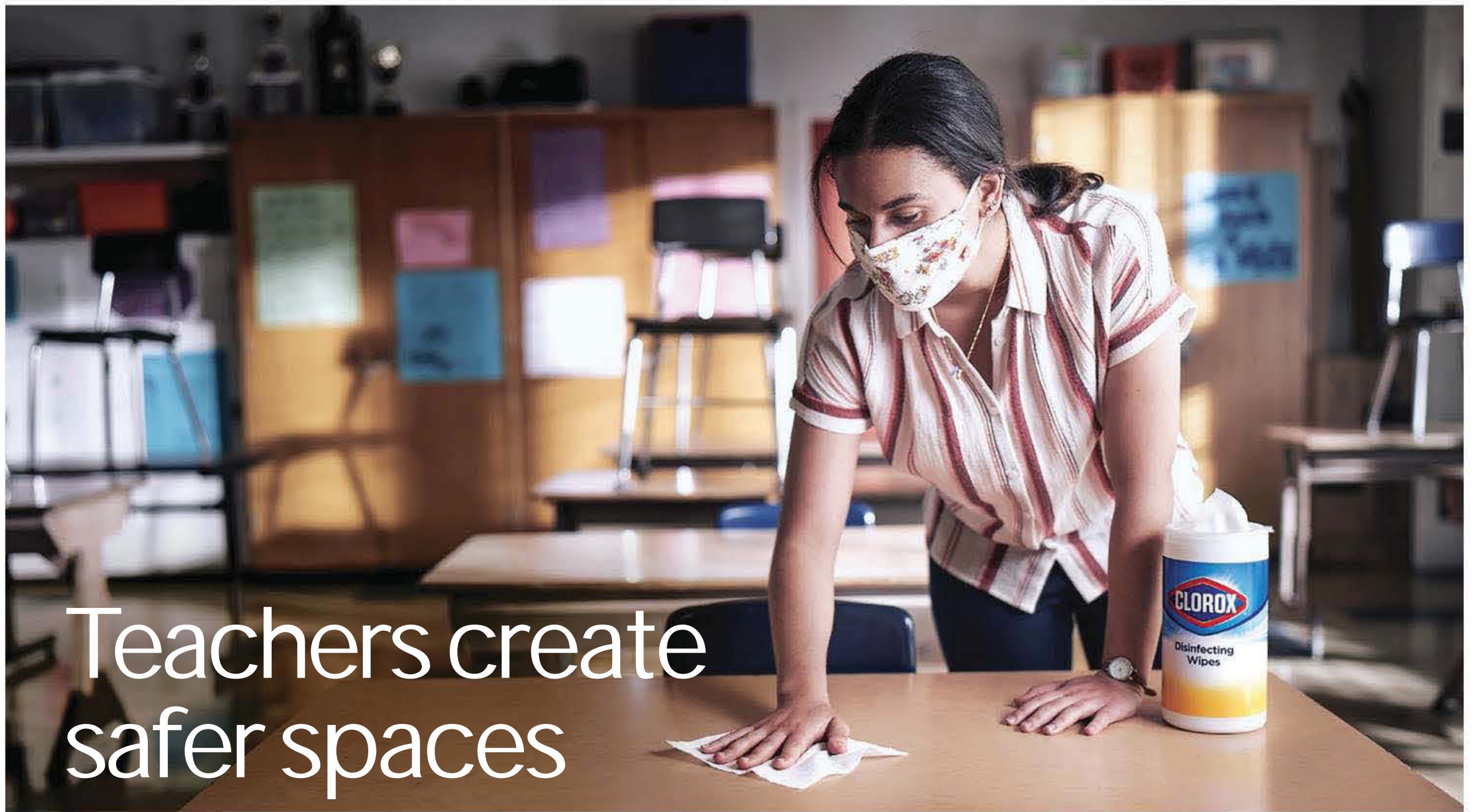
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Melisa Chauhar
Bilingual kindergarten teacher,
Brooklyn, New York

EDUCATIONAL PASSION
meeting with families of diverse
cultures, and seeing students bring
those cultures into the classroom.

HOPE FOR THE YEAR
“When I asked my students last year,
they said they’d like the new kids
to see each other not just on a screen.”



Teachers create safer spaces

that lead to endless possibilities.

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LESSON 9 Bring Back the Joy of Playdates

Creative moms and dads share cool games and activities to keep kids entertained for hours at your house. The best part? None cost much or require a lot of wrangling.

by **MICHELLE CROUCH** / photographs by **PRISCILLA GRAGG**

Make the Outdoors Their Playroom

- **Draw a raceway.** Wild turns, pit stops, stop signs: Chalk them all on the driveway, then bust out ride-on toys for the kids to drive around. Ages 3 to 10 —Justin Cahill, a physical education teacher in Atlanta
- **"Cook" up nature.** Bring bowls, cups, and forks outside to serve grass spaghetti, mud

pies, and leaf salads. Ages 2 to 8 —Alison Schumpp, a former preschool teacher who posts ideas on Instagram @TheChildhoodGlen

- **Be bug scientists.** Shovels, magnifying glasses, and a keen eye are all kids need to search for worms and insects. Don't forget to dig, look under stones, and closely examine tree trunks. Ages 5+ —Megan Calnan, a mom of seven in Albany, New York

- **Play noodle hockey.** Let the kids loose with pool noodles and a ball and encourage them to hit the ball into a net or a tipped-over laundry basket. Ages 4+ —Cahill

Invite the Whole Car Pool

- **Consider a toy potluck.** Ask each child to bring an activity they're into, like →



Activities You Can Eat

● Caprese Skewers

These are fun and easy for kids to assemble—plus, everything tastes better on a stick. In a bowl, mix 1 Tbs. balsamic vinegar, 1 tsp. Dijon mustard, 1 tsp. honey, and a pinch each of salt and pepper. Whisk in 2 Tbs. olive oil until fully blended. Thread cherry tomatoes, basil leaves, and mini mozzarella balls onto skewers in an alternating pattern. Drizzle the balsamic glaze over the skewers before eating.

- **Ice Cream** In a quart-size zip-top plastic bag, combine ½ cup whole milk, ½ cup heavy cream, 2 Tbs. sugar, and ½ tsp. vanilla extract (for vanilla ice cream) or 1 Tbs. cocoa powder (for chocolate ice cream). Push out excess air and seal. Combine 3 cups ice and ½ cup kosher salt in a gallon-size zip-top plastic bag. Place the small bag inside the bigger bag, then place both bags in another gallon-size zip-top bag to prevent leaking. Shake the bag vigorously until the mix has turned to ice cream (about 7 to 10 minutes). Eat it right out of the bag with spoons, or scoop it into bowls and serve with toppings.

● Animal Toasts

Spread cream cheese onto a slice of toasted bread or a rice cake. Use fresh or dried fruit, cereal, pretzels, or chocolate to create eyes, ears, and noses. Slice apples, carrots, or bananas into half-moons or triangles to create ears, mouths, and wings. Cut dried coconut flakes into thin strips with scissors to use as whiskers.

Before any cooking project, call the friend's parent to make sure food allergies aren't a concern.

Source: Jill Santopietro, founder of the Children's Food Lab, in Brooklyn, New York, which offers hands-on cooking classes.



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Imagine the memories you'll make



with Pepperoni Pizza Crescent Rolls

Prep **15** MIN | Total **30** MIN | Ingredients **4** | Servings **8**

Ingredients

1 can (8 oz)
refrigerated
Pillsbury™
Original Crescent
Rolls (8 Count)

24 slices (about
5 oz) pepperoni

2 oz shredded mozzarella
cheese (1/2 cup)

1 cup tomato pasta or pizza
sauce, heated



1 Heat oven to 375°F. Separate dough into 8 triangles; pat out each triangle slightly.

2 Place 3 slices pepperoni, slightly overlapping, on center of each triangle. Top each with about 1 tablespoon cheese.

3 Roll up, starting at shortest side of triangle and rolling to opposite point. Place rolls, point side down, on ungreased cookie sheet.

4 Bake at 375°F for 10 to 14 minutes or until golden brown. Remove from cookie sheet. Serve warm crescents with warm pasta sauce for dipping.



KIDS — Back to School

magnetic tiles, a bin of Star Wars figurines, or a craft. They'll love sharing their favorites and trying out the different options. *All ages* —Schumpp

● Set up your own art museum.

Tape a big piece of butcher paper to the wall, a table, or the floor, then draw circles and squares of different sizes to look like frames. Hand out crayons or markers and let the kids transform the shapes into different scenes. *All ages* —Schumpp

● **Play charades.** This game is a classic for a whole lotta reasons: It's interactive, it involves everyone—there's even physical comedy! Have kids write simple prompts on note cards (*swimming, dog, airplane*), then take turns acting out the words. *Ages 6+* —Shanicia Boswell, founder of BlackMomsBlog.com and author of *Oh Sis, You're Pregnant!*

Perk Up the Park

● **Pack toy vehicles.** The kids will get a kick out of racing cars and trucks off the equipment and building roads for them in the dirt or sand. *Ages 3 to 8* —Parents advisor Eileen Kennedy-Moore, Ph.D., a psychologist and author of *Growing Friendships*

● **Rig a simple pulley.** Bring a rope and tie one end to the handle of a bucket. Loop the other end over a low branch, then let the kids pull things up and down. This simple machine totally fascinates kids, and it's a super STEM learning tool too. *Ages 4+* —Jackie Currie, a home day-care provider who shares ideas at HappyHooligans.ca

● **Switch up hide-and-seek.** Take turns stashing a doll, an action figure, or a rock in the park, then call a search party. Kids can give clues and tell friends they're getting warmer or colder. *Ages 2+* —Melissa Laracuenta-Hernandez, Psy.D., a psychologist in White Plains, New York



Go Big on Creativity

● **Build an epic blanket fort.** Let them raid the linen closet for blankets and sheets, then work together to construct an indoor hideaway. Binder clips and bungee cords aren't required but can help stabilize their igloo, cave, or palace. *All ages* —Jamie Gremillion, a mom of three in Lake Charles, Louisiana

● **Put on a performance.** Ask for a show, and get ready for a kid tour de force. Whether it's a dance recital, a puppet skit, or a magic act, the planning and practicing will keep your child and their friend engaged. (If you notice one calling all the shots, ask them to take turns being director.) *Ages 6+* —Becca Kucera, a mom of two in Charlotte, North Carolina

● **Turn squiggles into art.** Have each child draw a simple, curvy one-line design on a piece of paper. Then suggest they trade and design a picture out of the other's squiggle. Will it become a snake, a spaceship, a fantastical garden...? *Ages 5+* —Jennifer Tammy, founder of SugarSpiceAndGlitter.com

● **Craft a mandala.** Send the kids outside to collect an assortment of items, including leaves, flowers, and stones. Give them each a round piece of cardboard, and have them start from the center gluing objects in a repeating circular design. *Ages 6+* —Yanique Chambers, a licensed clinical social worker in Albany, New York

And Just a Few Reminders...

We might all be feeling a little out of practice. Here, some playdate pointers from Dr. Melissa Laracuenta-Hernandez.

● Start in a neutral place.

If you don't know the child's family, you may want to meet at a park, a trampoline gym, or another location outside your home. You and the other parent can get to know each other while the kids play.

● Know when the other parent should stay or go.

For kids under age 4, it's usually best to invite the parent to stick around. For older kids, if you're comfortable, you

can offer the parent the option to drop them off for a set amount of time.

● Don't forget manners.

It's great if you can prep your child beforehand to say "Thank you for coming" at the end of the playdate. But if they're being shy, don't stress too much. Just make sure you share your own appreciation, along with a few specifics about what the kids did and how much fun they had together. ✕



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 *you'll make*

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Find recipe
inspiration at
pillsbury.com





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Parents.

EA TY
AWARDS

— 2021 —



Your Ne a orite Beaut Pro ucts

For the tenth annual
Parents Beauty
Awards, 35 moms
(plus a few dads!)
put 160 makeup, hair,
and skin launches
to the test. And the
winners are...

YS ANNONM A ER
photo raphs y
AIRE ENOIST

asks off, lip color on
Try evlon olorStay Satin
Ink liquid lipstick in
() Seal the deal, () Your
ajesty, () Black herry,
() Silky Sienna, () y wn
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You and en Beauty iss
y liquid lip Balm in
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WHAT EASY IS
A LOT
With the help of my fellow beauty editor Shannon Bauer, I had the honor of selecting and sending hundreds of beauty products to parents across the country from San Diego to Secaucus for testing and review. This year, we amassed our most diverse testing panel yet of moms—and no longer just moms—for the first time, dads. At the makeup you’ve seen these panels passed a set of standards for quality, ease of use, and inclusivity. Foundations had to come in at least three shades and tinted moisturizers in ten. All our skin and hair testers received approval from parents whose skin types and hair textures matched those of the product’s intended consumer.

As the reviews came in, a common refrain emerged: Because many of us were home so much during the pandemic, we skipped our beauty routine and we’ve missed it deeply. It was mood-shifting, and we never realized how much it made us feel like ourselves. Now we’re rediscovering how fun it is to shop and pay for beauty products. Here’s to finding new favorites and stepping out fully covered up once again.

Kate Sandoval Boller, Beauty Director



This foundation lived up to its name, offering a natural finish that covered imperfections.

Best Makeup



LIPSTICK

Oh, how good it feels to splash a smile IRL again, especially when our testers said they’d worn one of the shades of Revlon ColorStay Satin Ink Lipstick in drug stores. It stays on so well and isn’t drying or uneven at all.



LIPGLOSS

The moms who reviewed Beauty Kiss My Liquid Lip Balm in Shimmering Rozen Beauty .com wrote rave notes: It’s glossy, therapeutic. The hint of sparkle makes my lips so fuller. And it’s minty.



SUNBRONZER

Stila Cosmetics Putty Blush Bronzer Duo is a cosmetics.com comes in four shade pairs, standing the test or out of creating a pretty, golden-hour glow for our testers’ diverse range of tones.



BROW LINER

For the most natural eyebrows, the new Professional Makeup Lift and Snatch Brow Tint Pen is available at drug stores through them. It has a fine tip and dries fast, then lasts all day according to testers.



MASCARA

I'd given up on makeup during the pandemic, but CoverGirl Lash Blast Clean Mascara is available at drug stores throughout me. It made me look like a new mom in seconds, one mom commented.



EYE LINER

The ultra-accidental formula of Maybelline New York Tattoo Studio Smokey Gel Pencil Eyeliner is available at drug stores and didn't fool one tester, marveling.



EYESHADOW

Easing into eye makeup as new testers said thanks to the subtly shimmering Burt's Bees Color Nuture Cream Eye Shadow is available at urtsbees.com.



BROW POMADE

It was unanimous: Nothing is better than Benefit Cosmetics POWmade Brow Pomade. Benefitcosmetics.com for a perfectly sculpted arch.

WHAT BEAUTY MEANS TO ME



Once I became a mom, I landed on a makeup routine that feels fresh and polished but takes me five minutes max.

Beauty tester
Karina Cortes
Bronx, N.Y.



FOUNDATION

With 15 shades to choose from, Sephora Collection Best Skin Ever foundation is available at sephora.com. It easily matched our diverse palette and gave moms full coverage.



TINTED MOISTURIZER

Milk Makeup Sunshine Skin Tint Clean SPF 30 is available at sephora.com. It has a cool companion app and sheer coverage that is perfect for school drop-offs on a sunny day.



NAILED IT

During dry weather, Essie Expressie Dial It Up Collection nail polish is made for mom and dad. It tends to smudge on my daughter's teeth, so I don't do it, but this one dried in minutes and stayed smooth. A tester raved.

1

2

3

4

Millennial moms were feeling these nail polish names from Essie: () Skip the Track, () Shirk, () Pop Away message, and () All Rawler.

A MULTITASKING MOM'S MVPs

As a single mother of three kids under age nine and the digital content creator behind the vlog Britt's Space, Britt Null rarely has a free moment. Inspired by new 2-in-1 One by Poise® pads and liners for period weeks and bladder leaks, she shares the double-duty products that help make her life a little easier.



A Versatile Water Bottle

"One of my secret weapons is a 2-in-1 water bottle with a built-in snack container that screws on top. I'm a very giving mom, but sometimes I just want some candy to myself. Is that so much to ask? The bottle's clever design allows me to discreetly treat myself to my favorite gummies without the kids making me share!"



A Stylish and Convenient Crossbody

"My youngest is five, so, though I'm thrilled to be out of the diaper bag phase, I still need something that can hold everything I need when we're out and about (and with three kids, that's a lot!). My favorite cross-body bag not only looks great with every outfit, it also has several compartments for all the mom things: cell phone, wallet, snacks, and a first aid kit just in case."



A Pad That Protects From Everything

"One by Poise® is a pad for periods and bladder leaks, so it can handle whatever's going on down there—because, let's face it, my mom bladder isn't always 100 percent, and my period sneaks up on me sometimes! Having three kids in tow means frequent bathroom trips to change my pad are a no-go. With One by Poise®, I don't have to worry because it's made to stay 10 times drier† and keeps me feeling fresh every day of the month."



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[†]For bladder leaks, vs. leading period pad
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SCAN TO
SAVE \$5



IT TAKES *Poise*®



est i i



MOISTURIZER WITH SPF
Neutrogena Invisible Daily Defense Face Serum SPF 60+ is a drugstore's SPF 60+ face serum that absorbs quickly and is easy to use.



LIP TREATMENT
ChapStick Total Hydration With Sea Minerals Overnight Lip Renewal Treatment from target.com works as you sleep. I woke up to the softest pucker ever, one tester said.



EXFOLIATOR
Merle Norman Exfoliating Charcoal Scrub from merlenorman.com contains natural volcanic sand and charcoal that you could feel or not, testers agreed.



CLEANSER
Garnier SkinActive Micellar Cleansing Water With Vitamin C All-in-One Brightening drugstore became my go-to on days when I was too tired for a skin-care regimen, said one mom. I'd pour it on a reusable cotton round and swipe it's more eco-friendly than a reusable wipe.



WHAT BEAUTY MEANS TO US
Finding the right products for us is so important. We don't have the time or energy to waste on the wrong ones.
Beauty testers Ronald Espiritu and Joyce Reti-Os-Espiritu, Ardley, PA



WHAT BEAUTY MEANS TO ME
Having an A.M. skin-care routine brings me joy. If my skin looks youthful and glowing, I know that feeling all day.
Beauty tester Jeanine Balian, San Diego, CA



RETINOL SERUM
Retinol 0.5 Serum started out hesitant but ended up winning. Mary Kay Clinical Solutions Retinol 0.5 from marykay.com has stellar reviews. It worked well on my skin, one tester exclaimed.



NONRETINOL SERUM
Pregnant testers avoided harsh actives, so we chose smooth skin. One tester said after they used these hyaluronic acid-packed RoC Multi-Correction Hydrate Plump Serum Capsules from roccosmetics.com.



NIGHT CREAM
Pond's Rejuveness Advanced Hydrating Night Cream from target.com addresses uneven tone, dryness, and fine lines in one step, and everyone loved it, testers said.

FRESHNESS UPGRADE

HELPS STOP ODOR BEFORE IT STARTS

Camila Mendes



SCAN TO BUY



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camera over code.

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ALL STRENGTH
NO SWEAT

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10 AMAZING SCENTS!

est i d



S R
Testers ed that the coarse
ra ns n Drunk Elephant
Sugared Kof ie Almond Milk
Scrub sephora.com
rev ta ed ne ected s n.



E Y TREATMENT
Summer ridays Baby moon
Belly Balm sephora.com
ecame a ca m n r tua for
pre nant mamas ho found that
the end hydrated the r e es.



S A I N E
The th c ather of Skintimate
Spark Shave Gel
a mart.com as a step up
from p a n soap and ave
a c ose shave our tester sa d.



ODY WAS
Ivory Gentle Moisturi ing Body
Wash With a Hint of Coconut
a mart.com enerated a
c oud of foam that eft s n
c ean ut not dry one dad sa d.



OTION
The de pump on the aseline
Intensive Care Almond Smooth
Body Lotion tar et.com
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a ree e. IYKYK a parent rote.



IN S OWER OTION
Olay Nighttime Rinse-Off Body
Conditioner With Retinol
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s n and s too usy for ot on.



ANTI ERS IRANT
The coo n Secret DERMA
Antiperspirant dru stores
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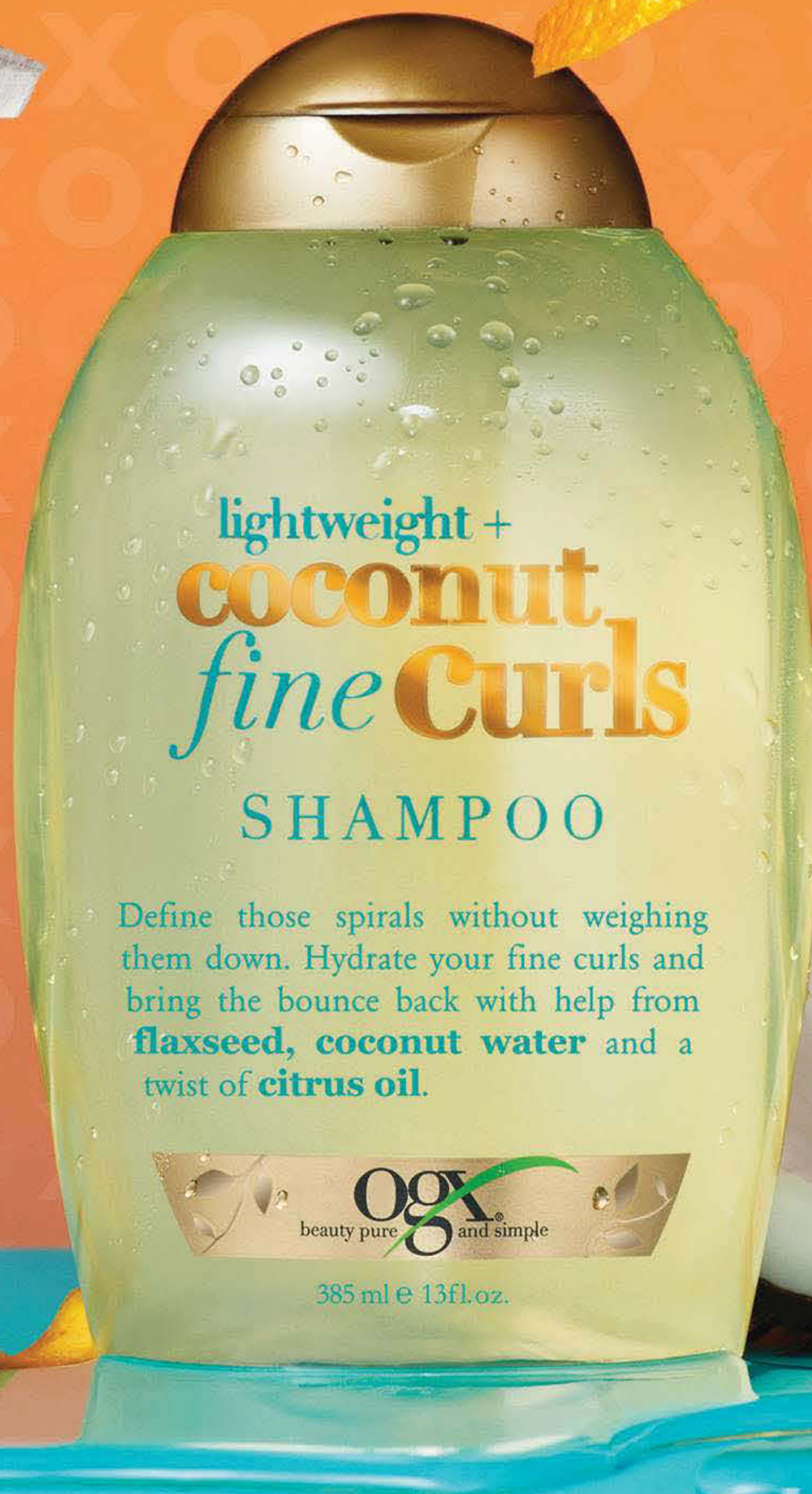


DEODORANT
Moms apprec ated that Dove O
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dru stores as oth ch c
and susta na e and t or ed for
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Sun lower seed
oil, avocado oil,
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LIGHTWEIGHT MOISTURE FOR FINE CURLS.



Define those spirals without weighing them down. Hydrate your fine curls and bring the bounce back with help from **flaxseed, coconut water** and a twist of **citrus oil**.

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est i Hair



R EN AN ER
I used Maui Moisture le ible Hold Coconut Milk Curl oam Mousse ama on.com on my t st out and t eft my har fee n supersoft th tera y no fr sad one tester.



SMOOT IN TREATMENT
Pantene Pro- Hydrating Glow Thirsty Ends Milk to Water Serum dru stores me ts nto et or dry strands to mo stur e sea sp t ends and ma e har fee s y.



W AT EA TY MEANS TO ME
'm a military spouse and each move means a new learning curve for my hair routine. But it gives me a chance to focus on myself.
Beauty tester Caroline Myers
Colorado Springs, CO

reams, thick masks, and foams... These hair winners offered ama ing sensory experiences.



MAS
One tester sa d that she cou d fee her strands e n repa red th each use of the u e y th c and otan ca r ch Aveda Invati Advanced Intensive Hair Scalp Mas ue aveda.com .



S AM OO AND ONDITIONER OR DAMA E
When a tester s apped her e pens ve formu as for TRESemm Keratin Repair Shampoo Conditioner each tar et.com her har sty st as mpressed y ho much hea ther and sh n er her har oo ed after on y a fe ee s of use.



S AM OO AND ONDITIONER OR YDRATION
Moms and dads a e en oyed the ender neutra scent of Aveeno Hair Sun lower Oil Blend Shampoo Conditioner each tar et.com h ch they sa d he ped nour sh dry har and a y sca ps. And th s pac a n as e sunsh ne and happ ness one tester enthused.

W AT EA TY MEANS TO ME



've een inspired to actually keep up with my eauty routine ecause these products made me feel so wonderful.
Beauty tester Adrienne arr, Parents E ecutive Operations Coordinator

W AT EA TY MEANS TO ME



Beauty is a out mental and physical self-care. te tends eyond how look in the mirror. t makes me feel calmer and more comforta le.
Beauty tester Eli abeth Tung Berkeley, CA



DRY S AM OO
Not on y d d Suave Hair Refresher Dry Shampoo With Amino Acids a mart.com he p testers s uee e a fe more days out of the r sty e ut t a so sme ed ama n and d dn't eave a cha y res due eh nd.

4:32 am — Restless
6:27 am — Exhausted
10:49 am — Stressed
1:45 pm — Loving
3:46 pm — Excited
5:47 pm — Insecure
8:42 pm — Hopeful
11:07 pm — Grateful



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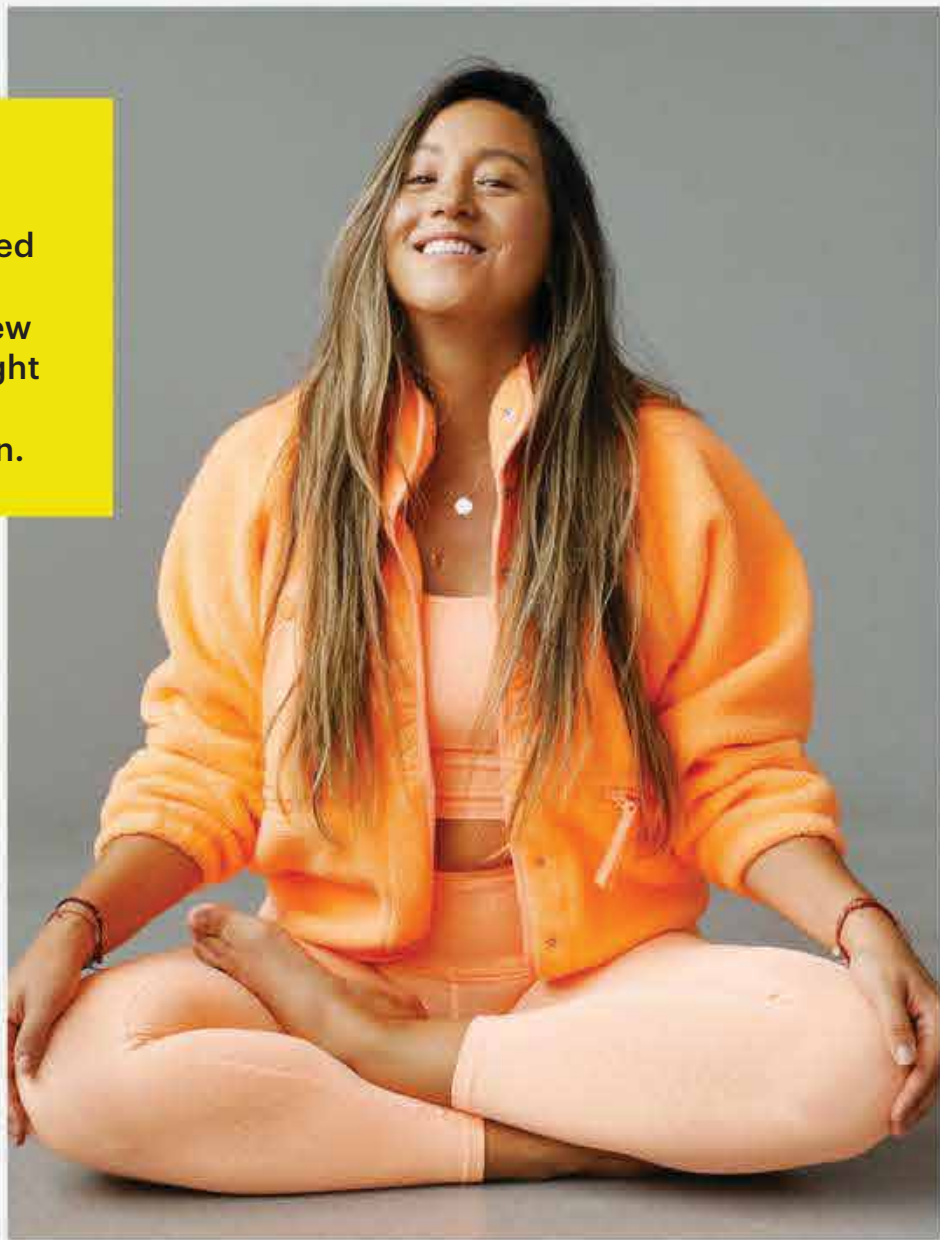
Smart, Simple Ways to Deal With Stress

When **Sarah Larson Levey**, the founder of Y7 Yoga, a national chain of yoga studios, became a mom, she changed her thinking on sleep, exercise, and her body—and she’s never felt better. Now her self-care lessons are yours.

by **SHANNON M. BAUER**



On jam-packed days, she sneaks in a few yoga flows right before bed to calm down.



1 Adults Need a Bedtime Too

Before my son was born, I used to be able to function on very little sleep. Now it’s important for me to carve out time for true rest. Without it, I can’t give my best to any of the things in my life. It’s not always possible, but getting rid of screens and distractions in the bedroom plus being in bed by 10:30 has helped.

2 Get a Change of Scenery

When my son, who is now 14 months, is having a meltdown, he needs a new

environment to get calm. And I’m the same way. To reset our moods, I strap him to me and go for a quick walk in the neighborhood. Those ten minutes of movement throughout the day offer a huge payoff.

3 Self-Care, Anywhere

I love gua sha facial massage and find ways to fit it into my day; I often do it while I’m on a phone call. First, I apply a face mist or oil for some slip, then I glide the stone over my face and neck. The repetitive motion feels good, makes my skin look tight, and really relaxes me.

4 Celebrate What Your Body Does

Pregnancy helped shift my perspective on my body. Suddenly, my body was responsible for protecting and growing another human, so my workouts became about strength and flexibility. It was frustrating postpartum to take the time to heal and not be active, and I needed to learn how to have more gratitude for my body and how to speak kindly to myself. Because I work in fitness, there was extra pressure to bounce back, and it was hard to shift that narrative. I had an “aha” moment when I realized I may never have the body I had before, and that’s okay. Now I’m all about feeling my best.

5 Put Your Needs on the Calendar

It’s important for me to take a Pilates Reformer class once a week, so I had a conversation with my partner, and we worked it into our family schedule. I feel guilty about taking the time, but it isn’t for a frivolous reason. We are responsible for crafting these little lives, and I think it’s so cool for kids to see us as well-rounded people in more roles than just as a caregiver. And doing things that make me happy makes me a better wife and mom.

Sarah’s Picks



“This Jade Yoga Mat is great because I can keep my grip without putting a towel on top.”
\$80 each; jadeyoga.com



“The Free People Movement Leggings are incredible. Their options take me from workouts to errands and everything in between.” Starting at \$60; freepeople.com



“For gua sha, I use The Golden Secrets Sorceress Stone Beauty Tool, which has different edges that cup the face.”
\$73; thegoldensecrets.com

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* after 14 days, based on clinical moisture retention data

OLAY

BODY CARE

FEARLESS IN MY SKIN

Mom Friends Make Their Comeback

If summer was the easing-back-into-socializing phase, September is when things officially get real. Will regrouping with our friends be awkward? Are some rifts beyond repair? Perhaps this can be the start of deeper, more fulfilling bonds.

by **LISA LOMBARDI** / illustrations by **KRISTEN SOLECKI**



MOVING IS NEVER fun, but Shefali Shah and her family suddenly had to relocate early in the pandemic because of her husband's job. The actual move happened so fast—one minute she was in Illinois, and the next she was in Maryland—that many friends who missed her Facebook post didn't even know it had occurred. Newly settled in

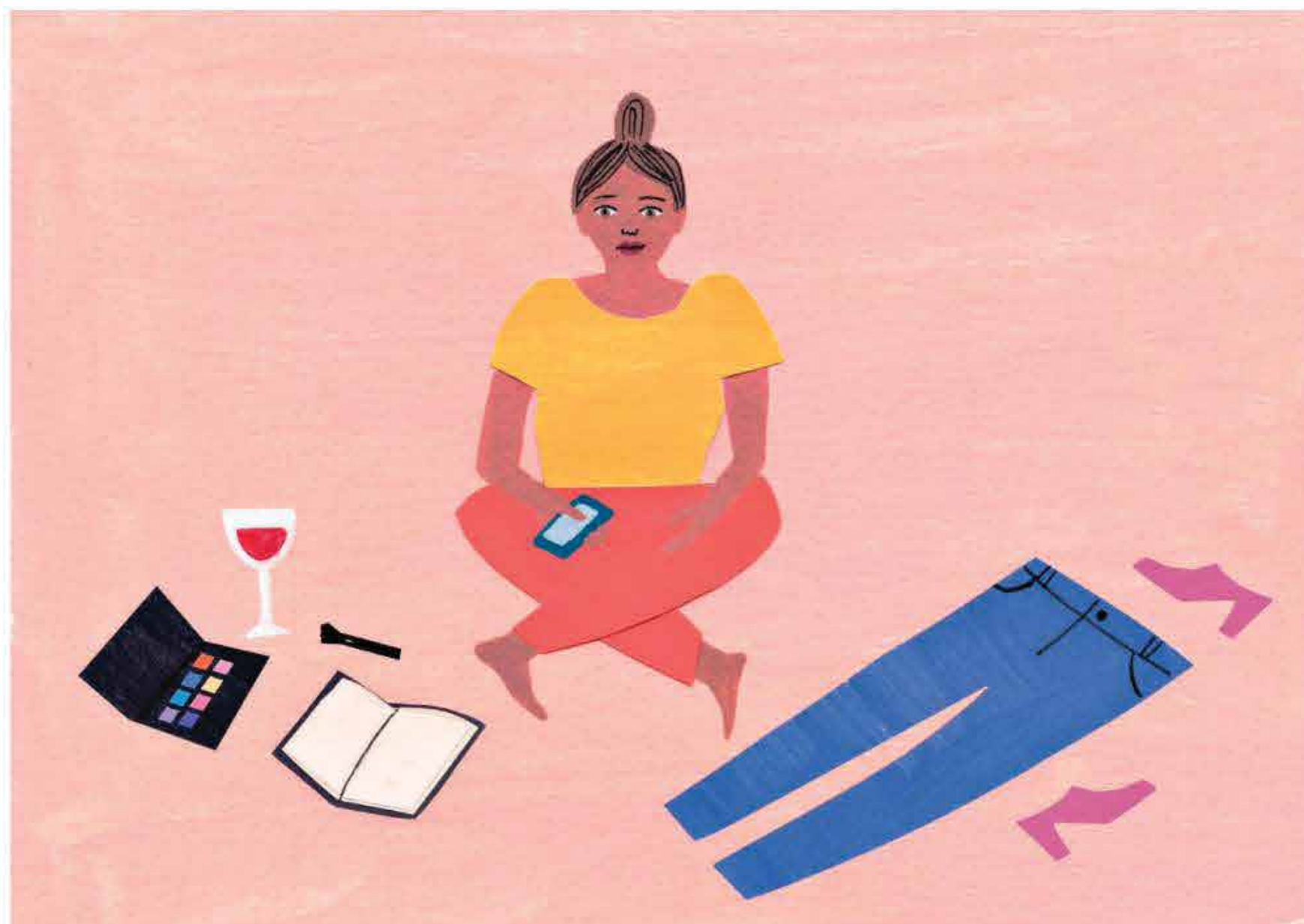
Baltimore, she found herself without a friend circle... or a friend, period. She wasn't able to meet anyone, and when she did, she didn't feel comfortable talking about safety protocols. "It's such an awkward conversation to have with someone you don't know at all," she says.

You may not have relocated during the lockdown, but

perhaps you, too, felt stranded during social distancing, pulled apart physically and emotionally from your go-to support squad. When we lost our literal face time together—playground chats, workout dates, and shared book-fair shifts—we lost a lot.

And yet even as we are letting go of our masks, mom friendships are a pandemic

casualty that still hasn't been talked about much—in part because we've all been so burned out. "Tired AF and not able to handle one more thing" is how Trisha Pierson Kelly describes it. Teaching kindergarten over Zoom and remote schooling her two daughters last year had left the Montclair, New Jersey, mom with zero energy to put



into her friendships. “But not having the time to laugh or vent with my mom friends made everything harder.”

It makes sense that we’re excited to spend time with our wider social circle—and yet we may also be kind of dreading it. A survey in March 2021 by the American Psychological Association found that about half of Americans were nervous about resuming normal life. We’re going through “reentry anxiety,” says therapist Nina Kaiser, Ph.D., who works with moms and children in San Francisco. “After a year of having limited contact, and largely via screens, we’re feeling justifiably weird as we’re expected to show up in person and navigate a new way of relating that now feels out of our comfort zone.”

Social Lives in Limbo

While video hangouts helped, they were no match for the real thing. “Virtual happy

hours didn’t replace grabbing coffee together or going to Target and laughing as we added another thing we didn’t need to our carts,” says Bryana Dunn, a blogger with two daughters, ages 10 and 3, in Jacksonville, Florida. “Reading someone’s status on social media wasn’t communicating. It just made me realize how much we missed each other.”

There’s science to back that up. “Friendships are extremely important for a mother’s mental health,” says Suniya Luthar, Ph.D., cofounder and chief research officer at Authentic Connections and professor emerita at Columbia University Teachers College. Such ties can protect our emotional state even more than marriage does, according to a study Dr. Luthar published in *Developmental Psychology*. Close friends often influence your resilience most because they make you feel, as she puts it, “psychologically safe

and seen and loved for the person you are at your core.” Spending time with more casual “school mom” friends matters, too, as comparing parenting notes reassures you that the process of motherhood isn’t easy for anyone, Dr. Kaiser says.

Adding to this year’s general sense of disconnect, some of our friends may have no clue of what we’ve gone through. Jacqueline Sanchez,

“There’s been a thinning in the number of connections people have maintained, but a deepening in those connections,” Dr. Kaiser says.

an Omaha mom of two, was diagnosed with COVID-19 on Mother’s Day weekend in 2020, had to quarantine from her kids, ages 7 and 4, and then became the sole breadwinner when her husband was abruptly furloughed. It was a lot, but she didn’t confide in even her closest friends until months later. “COVID was still pretty new and there were a lot of unknowns, so I didn’t want to scare anyone,” she says. When she finally told people, some moms in her social circle made dismissive comments like, “It was probably a false positive.” She ended up reconnecting virtually with old college classmates, who were more understanding about what she’d experienced.

Leaning Into Authenticity

It’s also possible we’ve been too busy fuming to be Zooming. Without a forum for face-to-face conversation, our social media parenting groups and school email lists have seen a run of blowups. (“What was she thinking sending her son to hockey after her daughter tested positive?” “She went to Aruba and posted poolside pics?”) Even those of us who’d normally never post from the hip have found ourselves rage typing or texting at 1 A.M.

This was a sign of how much we’ve been through, Dr. Luthar explains. “Our anxiety, fear, and grief escalated all year, and that could come out as impatience and anger.” Differences we might have rolled with in the past pushed our buttons instead. And they often weren’t disagreements over minor issues like the best age to send a kid to summer camp or start piano; they were

about our family’s safety or racial justice.

During the stress of the past year, however, some friendships have managed to grow stronger and more open. “There’s been a thinning in the number of connections that people have maintained, but a deepening in those connections,” says Dr. Kaiser, herself a mom of two kids, ages 5 and 2. “I think a lot of that came from moms not having the energy to pretend that life is perfect anymore or to put effort into friendships that weren’t meaningful or supportive.”

Dunn found that this period crystallized who her true friends were and which qualities mattered. “Empathy and dependability, but also, as a Black mom, I value sincere allyship more than ever,” she says. Indeed, many of us are now putting our entire lives through a truth filter, Dr. Kaiser says. “The silver lining of the pandemic is that it is an opportunity to reset and restructure what your social life looks like.”

Expect Awkward Moments

As school restarts and we’re running into our wider circle, we may have to find our new comfort zone. Doesn’t this, deep down, feel a little like the first day of seventh grade? You’re back from summer, and you have no idea whether your friends will want to talk anymore. Or it’s like that first day back from maternity leave, when you worry that the lunch alliances shifted and you’ll be left to eat your salad alone.

Even though Dr. Kaiser’s job involves helping people get over anxiety, she admits that she felt strange herself

So You Want to Keep Your Social Circle Small...

Perhaps you relate a little too much to the “Fully vaccinated; going to start over with new people” memes. No worries. It’s healthy to want to use this transition as a reset, Dr. Nina Kaiser says. It all comes down to asking yourself: Who and what makes me happy? Here are a few ways to keep boundaries in place and decide which interactions you genuinely want.

Have a ready comeback.

When you get a call or a text from a casual friend you’d rather cut loose, Dr. Kaiser suggests saying, “We’re actually still easing back into socializing. Thanks for asking, but I’m going to say no for now.” Don’t feel obligated to make an excuse or overexplain, she adds, because “no is a complete answer, in and of itself.” You might have to do this multiple times, but sooner or later, most people will get the message.

Tweak your script for vague invites.

While it’s much easier to decline an invitation for a specific time and date, you can also get out of those “Let’s have coffee sometime” ones. Dr. Kaiser’s advice: Go with a noncommittal “I’ve got a lot going on at the moment, but I appreciate the invitation.”

Skip the big parties.

If you’re an introvert and not into large events, own it. “You can feel emboldened to say to yourself, ‘You know what? No, not going, that’s not my true yes,’” Dr. Ellen Vora says. If there’s an event you’d feel bad about missing (like a good friend’s birthday), “do an hour and go home,” Dr. Kaiser says. No big goodbyes needed.

See them on the side.

If you don’t love a few moms in the book club/soccer moms group/PTA committee, it’s perfectly fine to permanently bail on the big drinks things and meet up with your one or two favorites.

Say yes to the good stuff.

The whole point of not overextending yourself with social obligations is that it frees you up for what you’d rather be doing. “This is a perfect time to think with intention about which social interactions genuinely bring you joy or offer some other benefit that’s valuable to you,” Dr. Kaiser says.

this spring when she went to a backyard gathering and realized it was the first time she’d been out after dark in 14 months. “I was like, ‘This feels weird—I have no more small talk in me!’” If you aren’t quite ready to, say, join karaoke night with the preschool moms, Kat Velloso, author of *We Should Get Together*, suggests saying something like, “Hey, I’m still getting my sea legs back when it comes to socializing. It’s so good to see your faces, and once I’m back up to speed, I’d love to hang out more.”

Shah—who has finally been able to meet people in her new hometown—became a fan of putting it all out there. “I was comfortable sharing that I was vaccinated as a way to find out if the other mom was too,” she says. That made it easier to suggest meeting up for coffee. After a long, lonely stretch, she’s been finding her new crew.

The simple act of putting on a nice outfit to go to an event can still feel like a herculean effort after a year-plus of wearing sweatpants and no makeup. It’s helpful to remember that your good friends couldn’t care less if your eyeliner game is off and you’ve put on a few pounds. And if you go in for a hug at Back-to-School Night and the other mom backs away? Ellen Vora, M.D., a psychiatrist in New York City, suggests laughing at yourself, with a line like, “Oof, looks like I forgot how to ‘people!’” But running into mom friends after not seeing them for so many months may also feel surreal—in a wonderful way, Dunn says. “You don’t know what to do first! Should we hug, laugh, cry—or do all three?” ❌



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The [#WHATSMYNAME](#) Foundation was established in honor of our daughter—Samantha Josephson.

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RIDESHARE ZONE

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A	SK <small>"WHAT'S MY NAME?"</small>
M	ATCH <small>LICENSE PLATE, DISPLAY</small>
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#whatsmyname

Laying a Strong Foundation



How do you teach kids to build relationships
Stand up for themselves Take the pressure off Grammy- and
Tony-winning actor singer and songwriter L who
this year was also nominated for an Oscar and an
Emmy and his wife actor and singer N R
are thinking hard about what it means to parent and the essential
lessons they want to pass along to their children.

by ARINA O'ANO photographs by RISEAN ROSE

ONE WEEK after their second child, Able Phineas, was born in March, Leslie Odom Jr. and Nicolette Robinson got all dressed up to go on a date—to this year's Oscars. Able tagged along. It's not that there was no one to look after him—he and his big sister, Lucille, 7, have two sets of grandparents living within a five-block radius. The hitch was that Robinson was breastfeeding. Skipping the awards was not an option, as Odom had made history as the first male performer to be nominated for both best supporting actor and best original song for *One Night in Miami*—in which the real-life couple play husband and wife. So what to do about Able

The Broadway-famous pair—Odom originated the role of Aaron Burr in Broadway's *Hamilton*, and Robinson was the first Black woman to play the lead, Jenna, in the musical *Waitress*—enlisted the help of Amazon, the studio that released the movie, and the awards-show organizers. Robinson's mother and Able were put up at a hotel ten minutes away from the ceremony, and a Sprinter van shuttled Robinson between the Oscars and the hotel. "I'd pop out, hang my dress in the van, and nurse him," Robinson says, laughing, "and then go back to the Oscars." She did this twice, which meant that date night was also family night, and definitely a night to remember.

● What was it like to play a couple in *One Night in Miami*?
ROBINSON: We've done music together. We help each other with auditions. But this was the first time that somebody hired us to play opposite each other on-screen. It just felt really easy.
ODOM: We got to lean into the comfort of our 10-year partnership. But the characters—based on real people, singer Sam Cooke and his second wife, Barbara—in the movie, they're 20 years in. They met in grade school and are at a contentious time in their marriage. They've lost a child and there's been infidelity. Those parts you imagine as much as you can let yourself.



"A lot of dads have the idea that we go out and we acquire things to bring back," says dom, with wife icolette, daughter ucille, and son Able. "To spend a year losing my footing a bit and having to ind a new way to be of service to my family was really valuable."

● Your daughter Lucille goes to pre-K this fall. What are your hopes for her with school?

ROBINSON: We're really excited about the social aspect of it for her. When she spends time with other kids, there's just such a huge leap in her development.

ODOM: She's our first kid, so we're going to learn a lot too. We're no experts!

● What was school like for you growing up?

ODOM: It was a little bit of a drag. It was way more buttoned-up than Lucille's preschool is. I turned out okay, but I'll say I was very excited to relieve my kid of some of the pressures by choosing a place that is less about testing and grades.

ROBINSON: I loved school as a kid. I was a really well-behaved kid, so my parents didn't have much trouble with me, but school was competitive. The circle that I grew up in, it was very much about doing the best, being the best. That is something that I want to protect Lucille from, just to allow my kids to fail. I was so afraid of failure growing up.

● What do you bring to parenting your children?

ODOM: Before I became a parent, I thought, "I'd better start making a list of all the things that I want to teach them." How do you remember all of the things that you want to teach your kids?

Now I think you're lucky if your kids remember three to five things that you say. I think you need to pick the three to five things that are most important to you and find a hundred thousand ways to say those three to five things.

● What are those things?

ODOM: I know one right now. I really want my kids to know how to be in a relationship. If you know how to make a friend, you can build your whole life on that. You can build your whole life on your support network, and that will cover you in places where you may fall short. That extends to partnerships and to intimate relationships.

ROBINSON: Also, how to set boundaries. How to say no. How to stand up for yourself. One of our favorite stories came from my mom, who saw it happen on grandparents' day in Lucille's preschool.

Parents' Lightning Round With Leslie Odom Jr. and Nicolette Robinson

HOW WE TEACH KINDNESS
O o : We do our best to model it. If we treat our kids respectfully, big human to little human, we can ask the same of them.

FAVORITE CHILDREN'S BOOK
O o : *Where the Wild Things Are* by Maurice Sendak.
Robinson: *Where the Wild Things Are* by Maurice Sendak.

TUNES WE LISTEN TO AT HOME
Robinson: If Lucille had anything to do with it, we'd listen to the radio's sound track at top volume ten to 15 hours a day.
O o : My wife is an artist we can all agree on.

SONG WE ALL SING TOGETHER
Robinson: "You Are My Sunshine."

BEST PART OF THE DAY
O o : Bedtime.
Robinson: That's what I was going to say

Lucille and her best friend were playing in the sandbox, and there was this other little girl who was bullying them, trying to kick them out. My mom said Lucille told her, "Don't talk to us like that." It reminded us that we have a tough cookie.

● How is the experience of being a parent in the pandemic changing for you?

ODOM: I am more cautious than I like to be, moving through the world.

ROBINSON: Usually, Les travels for half the year. So being able to have family time has been such a blessing. On the other hand, when you have a newborn, you're already conscious of germs. So I've had to manage my anxiety.

● How do you hope things will change for the better?

ODOM: We used to always talk about how we wanted to be more intentional with our time, but it was really hard to do. Things would get scheduled, and

suddenly family time got gobbled up. Then quarantine wiped everything clean. So now at least we can say, okay, let's be mindful about how we come back.

ROBINSON: It's become a lot more clear how important friends and family are. As we move forward, we'll look at work in a different way. We'll choose the things that feel worth it. Also, the world, our country, and our entertainment community experienced a lot of loss to COVID-19, so that's made us keenly aware of how precious time is.

ODOM: I just have never been home this much. Even as a struggling actor, I was out and about. A lot of dads have the idea that we go out and we acquire things to bring back. To spend a year losing my footing a bit and having to find a new way to be of service to my family was really valuable. I was making my daughter breakfast or the family dinner. Those are things that will stay with me.

● How do you see music and theater and parenting intersect for you?

ROBINSON: My mom was a choreographer, and I grew up sitting against the mirrors, watching her rehearsals. It shaped my childhood in such a strong way. I developed such an appreciation and a love for the arts. Music and performance are a way to connect to other people.

ODOM: You know what it's like when there's a VIP in the audience, whether it's a teacher or a mentor who is very important or your parents or your grandparents. There's a certain kind of shine that does something to you. It makes you rise to an occasion. You want to show them the best of yourself. I've got two VIPs. Even if they're not at the show or on the set of the film or in the studio when I'm recording, I'm making work with them in mind. I'm making work that I imagine one day they may discover. What do I want them to know about their dad when they discover it?



Interactive

Hover your phone's camera over the smart code for a peek at our cover shoot and to see the family in our new parenting series *I Wish Someone Told Me*. You can also visit [parents.com/leslie-odom](https://www.leslie-odom.com) and watch on Peacock.

LESLIE'S WARDROBE STYLING: BY A. OYERMAN; NICOLETTE'S WARDROBE STYLING: BY LINDSEY DUPUIS BLEDSOE; ASSOCIATE STYLIST: RYANN REDMAN; CHILDREN'S WARDROBE STYLING: BY ASHLEY MONTA; MAKEUP: BY MIRNA JOSE; PROP STYLING: BY ABRIELA COBAR; PREVIOUS SPREAD: ON LESLIE: SHIRTS: PAUL SMITH; PANTS: ETRO; ON NICOLETTE: DRESS: ROKSANDA; JEWELRY: BAYOU WITH LOVE; ON LUCILLE: SHIRT AND SKIRT: TIA CIBANI; SHOES: NIKE; ON ABLE: SHIRT AND PANTS: TIA CIBANI; THIS PAGE: ON LESLIE: SHIRT AND SKIRT: TIA CIBANI; SHOES: ADIDAS.

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by **BETSY GOLDBERG**



PAINT OFFERS AN EASY WAY TO ZHUZ UP OLD PIECES, EVEN FOR BEGINNING DIYERS.



Step 1
PREP

● **START WITH A CLEAN SLATE** Before wielding a brush, lay down a drop cloth to protect floors, or move the project outdoors. Besides covering your floors, you'll need to wipe down your furniture, says designer and DIYer Meg Piercy, founder and owner of MegMade. "If there's dirt or residue on the surface, paint will stick to it, and if it chips off at some point, the paint will come off too," she says. Use a damp microfiber cloth or ripped-up cotton T-shirts (with a mild cleaner, if needed), and don't forget the drawers, she adds. "I remove them and blow out dust from the inside with a hair dryer, then label the back

of each drawer in pencil so I know where to return them when I'm done."

● **FIX FLAWS** If your piece has any dings or divots, patch them with wood filler, then gently sand the whole piece until it feels smooth when you run your fingers over it. (Remove any hardware first.) "Be careful not to add too much pressure—you don't want to eat into the wood or the finish," cautions designer Barb Blair, author of *Furniture Makeovers*. Wipe away sanding dust with a clean rag, then use painter's tape to cover areas you don't want to paint, like the sides of the drawers. Though you may

THE RIGHT TOOLS

Stock these picks from the pros.

DISPOSABLE GLOVES

MICROFIBER RAGS OR RIPPED-UP COTTON T-SHIRTS FOR LINT-FREE CLEANING

FINE/MEDIUM SANDING SPONGES OR 120-150 GRIT SANDPAPER

MINWAX HIGH PERFORMANCE WOOD FILLER \$14; [lowes.com](#)

FROGTAPE MULTI-SURFACE PAINTER'S TAPE \$8; [amazon.com](#)

6-INCH FOAM ROLLER ROLLER TRAY

PURDY 2½-INCH ANGLED SASH BRUSH "You want soft bristles," says Blair. "If they're too stiff, they'll leave lines in the paint." \$15; [lowes.com](#)

VALSPAR STAINBLOCKING BONDING PRIMER & SEALER This adds durability, protects against stains, and dries in 30 minutes. \$26/gal.; [lowes.com](#)

PAINT You can use any type, from latex to acrylic to oil. Look for a low-VOC version (many brands carry a line of nontoxic interior paint), which is better for a kid's room since it off-gasses less than traditional paints. Piercy is partial to fast-drying chalk paint and adds 10 percent water "to make it look less stroke-y," while Blair's favorite, milk paint, "gives you more of a one-of-a-kind look," she says, "as if your furniture has been sitting in a barn, undiscovered, for years."

MINWAX OIL-MODIFIED CLEAR SATIN WATER-BASED POLYURETHANE \$19; [lowes.com](#)

be able to skip a primer on wood pieces, many DIYers, like *Live Pretty on a Penny* blogger Erin Marshall, won't go without it. "I find that priming helps the color adhere and makes the paint job last longer," she says. If the item is laminate, metal, or wicker, primer is a must.

Step 2
PAINT

● **ADD COLOR** You might wonder whether to use a brush or a roller. The answer? Both. "Rollers are designed to hold more paint and cover more surface at once. Your best bet is to use a roller on large, flat areas and a brush to cut in on the smaller or detailed spots," says Colin Stipe, a Valspar product manager. Apply two coats of paint, unless you're layering a light color over a darker piece—say, painting a mahogany chair white—in which case, you'll need three or four coats, Piercy says. Wait at least 30 minutes (and possibly up to an hour and a half) between each coat; the paint should be completely dry to the touch.

● **KEEP THINGS LIGHT** For best results, apply thin coats using only a bit of pressure with the roller or brush. (The first coat should look a little transparent.) To avoid getting gloppy, stretch a large rubber band over the can's opening, and use it to wipe excess paint off the brush so the paint drips back into the open can, leaving the sides clean. Keep moving; paint dries quickly, Piercy adds. "You don't want to layer on more during the same coat or you'll pull paint that's drying and get marks," she says. "If you miss a spot, hit it on the next round."



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Step 3 FINISH

● **TOP IT OFF** A finish isn't necessary, but we all know the damage that kids can do, so it's smart to offer an extra layer of protection. Luckily, this isn't tricky or time-consuming, and it will give your piece a more pro look.

● **IF YOU WANT A SATIN OR MATTE FINISH** Use a furniture finishing wax. It's as simple as applying the wax with a clean rag, letting it dry, and then buffing it with another rag. Just use a little more force the second time, Piercy says.

● **IF YOU PREFER A GLOSSY FINISH** Apply two or three coats of a clear, water-based formula (like polyurethane by Minwax in a clear gloss) using a natural-bristle brush (or a paint sprayer, if you have one, which will provide the smoothest finish), working in a well-lit area so you can see the shine as you're hitting each spot. "This top coat is your line of defense against scuffs and spills," says Marshall. It dries quickly, so you'll need to work in small sections. "Use long, straight strokes that overlap a little," says Blair. "If you move the brush back and forth in shorter strokes, you'll end up with all kinds of lines, because it sets up instantly."



RAD RAINBOW MAKEOVER

Can't pick a color? Try them all, as Kelly Mindell, of the blog *Studio DIY*, did for her son's bookshelves. She painted each floating shelf a different shade using 8-ounce samples—enough for two coats. "I tweaked it so it's not your average rainbow, such as periwinkle instead of a true blue and pink for red," Mindell says.

PAINT COLORS THAT POP

These striking hues turn plain old furniture into eye candy for your kid's room.



Electric Orange by Benjamin Moore

"I know this sounds crazy, but orange is a bright neutral. It goes with browns, blacks, grays—anything, really." —Meg Piercy



Federal Blue by Old Fashioned Milk Paint

"It's punchy but not trendy. Even one chair in a dramatic color is enough to perk up a neutral room." —Barb Blair



Unmellow Yellow by Behr

"Superbright neon colors from the '80s are back. People are getting a little sick of living in beiges and grays." —Meg Piercy

FIND DIY INSPIRATION

Spark your creative side and discover your next home project at parents.com/DIYClub. You'll find tons of expert advice and how-tos on everything from painting perfect stripes on a wall to gorgeous gender-neutral nursery ideas.



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Stock Their Craft Corner

Markers, check! Crayons, check! Once you've got the basics down, the right supplies can help kids tackle a school project or stay busy on a rainy day. We asked crafty types to share which materials they always keep on hand and how they organize it all. (P.S. No glitter—more or less!)

by JENN ANDRLIK / photographs by PETER ARDITO

Parents

APPROVED

2021

DECORATING



● Fuzzy pom-pom balls (**Hot Colors Mix Pom Poms by Creatology**, \$6 for 300 pieces; [michaels.com](https://www.michaels.com)) are easily a kid favorite. “We like to make 3-D-textured art by gluing the poms onto cardstock to create colorful landscapes, animals, or houses.” —Kristin Gambaccini, a crafter and author of *Crafty Family Ideas*

● “I always have an assortment of chenille stems and self-adhesive googly eyes (**Assorted Wiggle Eyes by Creatology**, \$3 for 160; [michaels.com](https://www.michaels.com)). You can make so many things with them, from crowns to figurines. The possibilities are endless.” —Jen Wood, founder of the Instagram craft account [@craftedbyjen](https://www.instagram.com/craftedbyjen)

● Collecting little treasures like beads (**The Beadery Bead Extravaganza Pony Bead Box 2,300-pack**, \$20; [joann.com](https://www.joann.com)), feathers, or ribbon can add flair to various projects. “Place pieces in an open box, and invite kids to invent original characters by gluing them to paper cups or cereal boxes.” —Rachelle Doorley, founder of [TinkerLab.com](https://www.tinkerlab.com), a kids’ art and STEAM activity website

● Pick up thick yarn (**Eco-Brights Yarn by Loops & Threads**, \$8; [michaels.com](https://www.michaels.com)) in your child’s favorite colors.



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It's easier for little hands to grasp. "Wrap sticks to make magic wands, string together a mobile, or create big pom-poms or tassels."

Mer Cherry founder of Mer Cherry Art Studio and Shop in Encino, California

● Funky-edged scissors (Decorative Scissors Tub by Creative Scissors for a 12-pack, michaels.com) will dress up handmade cards or gift tags by turning a straight edge into a scallop or a zigzag. amazon.com

shown on previous page



● Aleene's Original Tac Glue (aleene.com) "holds things in place better while still wet than the typical white glue." Kimberly Stoney, a crafter, stylist, and artist based in Littleton, Massachusetts

● "I love to have fun washi tape (Heidi's Washi Tape for an eight-pack, joann.com), colored masking tape, and patterned duct tape on hand." Personalize pencils or notebooks with the different sizes and patterns, or stick it on the floor to create an obstacle course or a "road" for toy cars. Kristen Sate, cofounder of SpatterBox art studio in Westport, Connecticut

● Glitter glue (Elmer's Classic Glitter Glue, staples.com) is a fun way to bedazzle any project, but it can also be used for coloring, embellishing, slime making, scrapbooking, painting, and card making. You can get that sparkly vibe without leaving tiny specks all over the house. amazon.com

● Adhesive glitter foam (Darice Foams Sticker Back Glitter Sheet, amazon.com) is super-satisfying and easy for kids to cut. Snip it into shapes, letters, or characters to decorate collages. Cherry

● Double your colors with Switcheroo Color Changing Markers (joely.com). The white tip on each end magically changes the hue (green to yellow, purple to pink).

● Up your marker game with Tombow Dual Brush Pen Art Markers (amazon.com). "We love both the brush and fine tips." Anna Hsu, founder of Hello Wonderfu

● "Cover the coffee table with butcher paper (Easel

Paper Roll, melissaanddoug.com) and keep markers or crayons nearby. When the kids are done, roll it up and use it later as wrapping paper."

Jodie Levine, founder of the Jo Supermarket and author of Paper Woods Projects

● Cleanup feels doable with Monolith's Washable Tempera Paint Set (target.com). The kit comes with 12 colors, two paintbrushes, and an easy-to-carry plastic case.

● Kids can accurately depict themselves with the Colors of the World Colore Pencils (shop.crayola.com), which include skin tones like Deepest Almond and Medium Golden.



R



Alas Be Rea or School Projects

Ah the class c P.M.
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that norma y end up on the
oor: pom poms pa nt pots
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a M chae s crafter.

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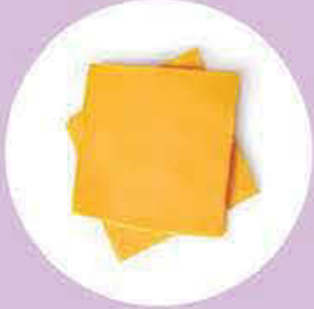
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Your Bathroom, Organized

Is your family's bathroom overflowing with tub toys, toiletries, and towels? It might be time to give your WC some decluttering TLC.

by **CASSIE HURWITZ**

THE VANITY

● Clear countertops.

It may be tempting to toss everything into a cabinet or drawer, but you can optimize space by corralling a few of your most-used tools like scrunchies, cotton swabs, and floss in a countertop organizer. “There’s something nice about being able to grab an item you use every day,” says Alison Mazurek, the expert behind the blog *600 Sq Ft and a Baby*. Look for a compartmentalized piece that has drawers (to stash small items) and open sections (so kids can help themselves). Or DIY a system by securing some cleaned-out jam jars and pretty containers onto a tray. “Having a go-to spot for all the items helps this area stay neat,” says Shamika Lynch, a designer who specializes in small spaces. Just be sure to leave some sink space open. If you’re starting to stack soap bottles on top of hand cream and face masks, it’s time to move some of those things elsewhere.

● Streamline storage under the sink.

Since this area is hidden away, it’s typically neglected. Avoid the mess by giving each family member their own basket that lives under the sink or in a cabinet, says Mandy Yang, a professional organizer and KonMari consultant, a certification she received from Marie Kondo’s organization program. “We each have a bin that holds our toothbrush,



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face cream, lotion, and so on, which frees up space," she says. Yang also suggests adding tall shelves inside under-sink cabinets to maximize vertical space. But don't sweat it if you only have a stand-alone sink without a vanity or a countertop. "Use shorter storage units, like stackable waterproof shelves or a set of drawers, next to or surrounding the base of the sink for extra items," Lynch offers.



● **Wrangle the bottles**
Between your deep conditioner, your partner's dandruff shampoo, and the kids' superhero body washes, the shower can get am-packed. It's okay to have variety, but Mazurek suggests being choosy about the products littering your shelves. "I'm trying to get everyone to use the same shampoo and conditioner so I can buy just two of the large sizes," she says. If that's not going to cut it, Lynch recommends having an out-of-the-way spot for toiletries. Hanging organizers that hook onto showerheads let wet products drip-dry quickly, and waterproof (adhesive or suction) hooks and shelves designed specifically for bathrooms will stick to empty tiled walls. You can also squeeze in an additional tension rod against the shower wall and add hooks or mesh bags to it for extra

items—but keep it out of the kids' reach so nothing topples over. "These are great options that don't compromise precious space," Lynch says.

● **Take the tubs**
Tub time isn't complete without toys, but when they outnumber your actual toiletries, things get crazy. Look for ones that are



compact, like stacking cups. If your kid is attached to their collection of squishable sea creatures and fleets of boats, Yang suggests organizing them in wall-suctioned corner bins with drainage holes. "They don't take up too much space, and they create a home for easy cleanup," she says. "I also love suction-cup hooks for hanging toys and sponges."





● **Thin up**
Consider sneaking shelves onto an empty section of the wall. "If the room is small, set up a stand-alone unit that uses the vertical space," Yang says. Store toilet paper, towels, and other odds and ends on it. Floating shelves also work wonders when mounted over the toilet or above the doorframe, but you can add funkier storage by attaching a wire-framed basket to the wall to act as a cubby, Lynch says. To keep the room from feeling clunky, Yang drops in elements of nature. "Bamboo bins and greenery from the yard instantly bring the room to life," she says.

● **Use neglected space**
For that sliver between the tub and the toilet or the vanity and the wall, find something like a skinny lidded trash can or a slim tiered cart, Mazurek says. In nooks not near the toilet, you can hang an extra hook for robes, washcloths, or a hair dryer. "The back of the door is another underused area that can do a lot for you," Mazurek says. "It adds storage for hanging towels or a canvas organizer." Those pockets are genius for out-of-rotation bath toys, hair tools, and loose ends like headbands and clips. If you want a dedicated spot for laundry, Lynch suggests hanging a small hamper on the back of the door. You can even buy one that's designed to slide into a corner to fully maximize every inch in your bathroom. ✖



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Support Space
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never allow children to stand, climb or hang on drawers, and never open more than one drawer at a time



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Calm an Anxious Pet

With school starting, the kids are off having adventures, and the house is quieter. Help your dog or cat chill through changes to the family routine.

by JENNY COMITA

IF YOUR household is anything like mine, at least one family member was living the dream during the pandemic: the dog. Pups thrive on togetherness, a state of affairs that, as descendants of pack animals, they're built for. It's no surprise, then, as we "return to normal," that our fur babies—yes, even the felines—are a little freaked out. "The pandemic threw pets for a loop," says Karen Sueda, D.V.M., a board-certified veterinary behaviorist at VCA West Los Angeles Animal Hospital. "Separation anxiety is now more prevalent in dogs and, while less common, even in some cats." So if

you're coming home to unwelcome surprises on the carpet or nasty notes from the neighbors about incessant barking, you're not alone. The good news? "These problems are addressable," says Dr. Sueda. "Most vets are familiar with these issues, and we have plenty of strategies up our sleeve."

Ease Into It

Friends coming back into your house and noise ratcheting up will surprise your pets. "The best way to prepare pets for any newness is to do it gradually," says Kelly Ballantyne, D.V.M., a board-

certified veterinary behaviorist and owner of Insight Animal Behavior Services, in Chicago. Keep playdates on the short side initially, and consider gating off your pet in a different room that can be their safe space.

Even harder, Dr. Ballantyne says, will be your absences. "If you ask an animal to go from having all-day contact with their people to spending eight hours a day, five days a week, alone, they're likely going to struggle." The key is to start with short trips out of the house and gradually increase the amount of time you're gone, Dr. Ballantyne notes. "This



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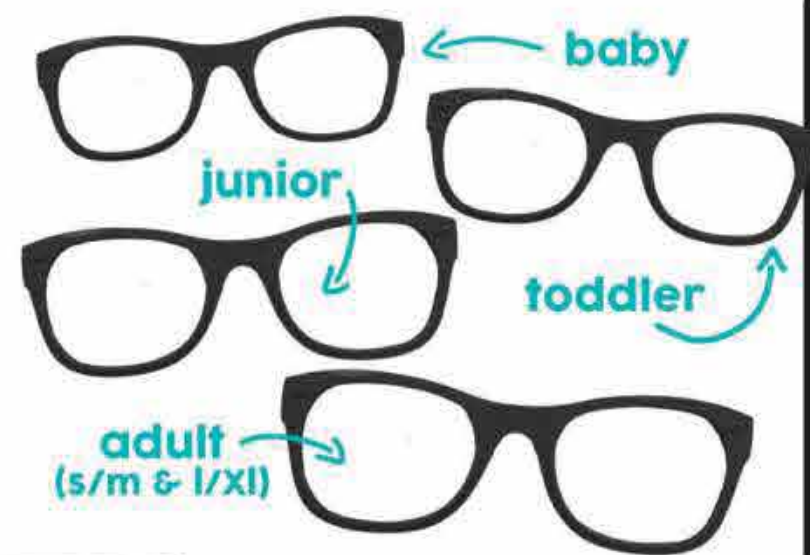


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shows them that when you leave, it doesn't mean you're not coming back," says Tampa-based canine behavior consultant Sam Ivy. "It can take some time to get that message across, so think ahead. If you're going in to work next week, start now by taking a 10-minute solo walk during work hours." Also important, Ivy adds, is to get your dog used to "holding it in" while you're gone. "If you were letting the dog out every hour, start to correct that," he says.

Lea e on a Hi h Note

If your pup begins whining the minute he sees your work bag, it's going to be a long day. "Start making positive associations with your exit," Dr. Sueda says. "Think about what your pet enjoys, and introduce those things when you leave." Bonus points if whatever you offer keeps them busy for a while. If your pet is a foodie, that might mean tossing a Kong toy stuffed with frozen peanut butter to your dog or a treat ball to your cat. Just don't give them a big petting session and then leave immediately, Dr. Ballantyne says. "Let them do their thing with a toy for a few minutes before you cheerfully slip out," she says. That sort of disappearing act would freak out your kid at preschool drop-off but works fine for your pet. "When you come back, be chill about that too. You want them to see that your coming and going isn't a huge deal."

Keep Tabs All Da Lon

If you have a hunch that your pet is in distress, don't wait for shredded curtains to confirm your suspicions. "Ideotape is the gold standard for diagnosing anxiety," Dr. Sueda says. Many webcam devices, such as Amazon's Blink series, Google's Nest cams, and Hoop Cams, also have a talk-back feature. "You can speak to your pet and calm them down, and in my experience, that can work," Ivy says.

When checking in virtually, watch for anxiety symptoms, which aren't always as obvious as scratching at the door. "Look for panting and pacing in dogs as well as tucked tails and drooling, all signs of fear. Cats will often start vocalizing with a very plaintive tone," Dr. Sueda says. Going to the tape can also clue you in as to whether, say, your torn sofa is a result of misery or plain old naughtiness.

"If you have a 1-year-old dog that is suddenly home alone, they might think it's party time," Dr. Sueda says. "I've seen hilarious videos of a dog thrashing the couch cushions with a huge smile."

A big upside to doing some surveillance, Ivy points out, is that it might alleviate your own anxiety. "I had one client who imagined her dog crying constantly while she was at work," he says. "But when we watched a video, what we saw was the dog sleeping all day. That immediately put her at ease."

Chill The Out

If, on the other hand, your pet's suffering isn't all in your head, there are a variety of strategies that can assuage their little mind. Some dogs, for example, do better in a crate, where they feel safe and protected. "A lot of people look at the crate as punishment," Ivy says. "But from the dog's perspective, it's a cozy den where they can relax." If your dog isn't accustomed to being crated, get them used to it with short stretches while you're home. "Think of it as putting your baby down for a nap," Ivy says. Whether your pooch ultimately thrives in the crate depends somewhat on their temperament and previous experiences. If your pet does worse, avoid confining them when they're alone. Block their access to certain rooms by closing doors, if needed. Dr. Ballantyne suggests trying a plug-in pheromone dispenser like Adaptil (for dogs) or Feliway (for cats), which releases a synthetic version of the animal's naturally occurring pheromones to create a sense of calm.

Call In the Pros

But what if these tricks aren't working and your pet is still a barking or scratching ball of nerves? "The best thing to do is talk to your vet," Dr. Sueda says. "A vet can refer you to a positive-reinforcement trainer, discuss prescription anxiety medications and supplements, and rule out physical causes for a pet's acting out." Many new pandemic pet owners haven't yet established relationships with their primary-care vet. "Your dog or cat may have been up-to-date on shots when you adopted them a year ago, but at this point it's probably about time to schedule a wellness visit," Dr. Sueda says. ✕

Our Promise to Blue Is Our Promise to You

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What started as a simple promise to feed an Airedale named Blue like one of the family has turned into the #1 natural pet food company. And while a lot has changed, one thing has always remained the same at Blue Buffalo – a commitment to making the best pet food possible with ingredients you'll feel good about feeding.

BlueBuffaloStory.com



Love them like family.
Feed them like family.®

WORK SOME FREEZER MAGIC

Stock the freezer with a few key ingredients
embrace these make-ahead recipes and
you'll face the school year with meals ready to go.
Your future self is than n you are ready.

recipes by ATRAMEE test by SARA WARTON photographs by AIT IN ENSE





NOTHING WILL STICK BUT
THE SMILES ON THEIR FACES.



Parents
APPROVED
2021

Your Cold-Storage Dream Team

These are the products that will set you up for freezer success.



THE DO-IT-ALL

Made of thermal shock-resistant borosilicate glass, the three-quart **Good Grips Glass Baking Dish With Lid** is a freezer-to-oven-to-table workhorse. \$20; [oxo.com](https://www.oxo.com)



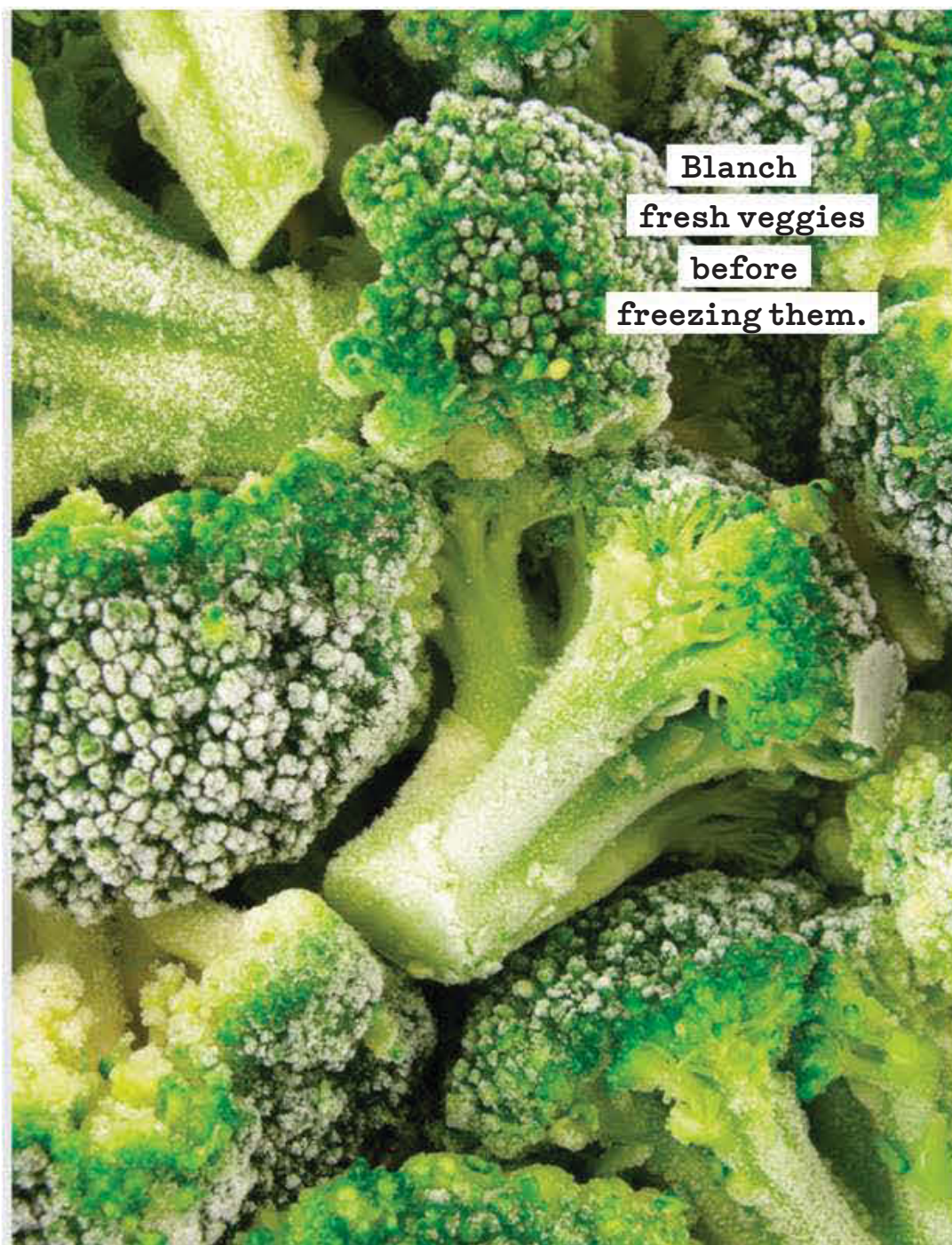
THE CLOSER

For an easier-on-the-planet alternative to disposable bags, rely on the **Reusable Silicone Bag**. At 51 ounces, it can hold several servings of tomato sauce or chicken soup without leaking, thanks to the sealing clip on top. \$18; [lekueusa.com](https://www.lekueusa.com)



THE KEEPER

Store your meat and veggies at their freshest with the affordable **Geryon E2900-MS Multi-Use Vacuum Sealing Food Preservation System**. It removes all the air to stave off freezer burn and create a minimal footprint in your freezer. \$46; [geryonkitchen.com](https://www.geryonkitchen.com)



Blanch
fresh veggies
before
freezing them.

Defrosting Done Right

Chefs follow exacting guidelines regarding food temperatures, but many home cooks just leave things on the counter and walk away. **Cordialis Msora-Kasago, R.D.N.**, shares what you need to know to keep your family safe.

Thaw in the fridge when you can.

It takes about 24 hours for ground meat, chicken breasts, and other small cuts of meat to defrost, and then they can hang out in the refrigerator for another day or two.

Or try the microwave.

Use the defrost setting, which adjusts the power level to work more efficiently on frozen items, but even this may result in uneven thawing. One caveat: Cook the food immediately. Cooking right after defrosting reduces the risk of bacteria growth.

Cook straight from frozen.

It'll work for most foods, but know that it may take up to 50 percent longer. Soup, for instance, can generally be heated in the pot successfully, and many casseroles can too. But most meats can be trickier, as they may cook on the outside before reaching doneness inside.

WHAT DO YOU KEEP IN YOUR FREEZER?

"**Pork carnitas** can lend itself to so many dishes, and it does great in the freezer."
—ASHLEY CHRISTENSEN

"I scoop **homemade cookie dough** into balls, do a 'formative freeze' on a sheet tray, then transfer to a freezer bag. I love being able to bake two or four cookies at a time." —KAITLYN GOALEN

"**Frozen peas** punch up anything with extra green matter, whether it's pasta sauce, a stir-fry, or just a bowl of peas for my son." —JEFF MAURO

"We don't eat a ton of **bread**, so freezing it is a great way to be able to make a veggie or egg sandwich."
—CHRISTENSEN

"**Hard cheeses**, like grated Parmesan, freeze incredibly well." —MELISSA CLARK

"I'll make a **batch of pancakes or French toast** on the weekends and freeze them. You can just pop them in a toaster oven."
—JESSICA GAVIN



MEET THE FREEZER EXPERTS

● **Ashley Christensen**, chef, and **Kaitlyn Goalen**, restaurateur, coauthors of *It's Always Freezer Season*. ● **Melissa Clark**, staff reporter for the *New York Times* Food section and author of *Kid in the Kitchen*. ● **Jessica Gavin**, certified culinary scientist and author of *Easy Culinary Science for Better Cooking*. ● **Cordialis Msora-Kasago, R.D.N.**, spokesperson for the Academy of Nutrition and Dietetics. ● **Jeff Mauro**, cohost of *The Kitchen* on Food Network and author of *Come On Over*. ● **Ali Rosen**, host of *Potluck With Ali* and author of *Modern Freezer Meals*. ● **Angela Smith**, owner of Just Live, a professional organizing company based in Atlanta.

FREEZER FAVE**Creamy
Green Chile
Enchiladas**

For recipe, see
page 130.

5 WAYS THE FREEZER MAKES KIDS' MEALS EASIER

1

"My Sausage, Egg, and Cheese Breakfast Sandos are a great grab-and-go breakfast. I crack six or eight extra eggs on Sundays and cook some sausage patties. Then I put them on toasted English muffins with cheese and wrap them up individually in parchment. They heat in the microwave in a minute." —MAURO

2

"When my daughter was little, I would bake mini muffins that I would throw into her lunch box. By midday, they'd be thawed and ready to eat." —CLARK

3

"I also love the muffin tin for freezer-friendly food. I use a full-size tin to make single-serving lasagnas. They're a good size for a little kid." —ALI ROSEN

4

"To have an easy option for my daughter, I slice chicken breasts in half so each breast becomes two thick fillets, and I wrap those individually in parchment. I season them ahead with salt and pepper. If I have herbs, I'll throw some on, or I'll crush a garlic clove and smear the paste over it. They defrost quickly and are ready to cook."

—CLARK

5

"One of my favorite things that my son and I make together is two-ingredient ice pops—just yogurt and berries. It's something that he can get himself, and it feels like a treat, but there's no added sugar."

—ROSEN

REE ER A E

Mini Meatloaves

Active Time 5 minutes
Total Time 1 hour, plus freezing and thawing time
Makes 6 servings

INGREDIENTS

- 1½ lbs. ground sirloin
- ½ cup finely chopped yellow onion (from 1 small onion)
- ½ cup shredded mild cheddar cheese (2 oz.)
- ⅓ cup panko breadcrumbs
- 1 large egg, lightly beaten
- 2 Tbs. ketchup, plus more for topping (optional)
- 1 tsp. Worcestershire sauce
- 1 tsp. garlic powder
- ½ tsp. dried thyme
- ½ tsp. kosher salt

MAKE IT

1. Stir together sirloin, onion, cheese, panko, ketchup, Worcestershire, garlic powder, thyme and salt in a bowl until combined. Do not overmix.

2. Cut four 12-in. square pieces of parchment paper. Place 1 cup meat mixture on each piece of parchment paper. Form each cup of mixture into a 12-in. loaf. Wrap in parchment paper. Place loaves on a baking sheet and freeze 1 hour to solidify shape. Then transfer loaves to an airtight container or a zip-top bag and freeze for up to 3 months.

• **B** Transfer to refrigerator 1 hour before cooking. Preheat oven to 350°F. Line a rimmed baking sheet with foil. Unwrap meat loaves and place on a baking sheet. Bake until a thermometer inserted into center of loaves registers 160°F about 15 minutes.

• **B** **R** **R** Line a rimmed baking sheet with foil. Unwrap meat loaves and place on a baking sheet. Set oven to 350°F and let loaves thaw in oven as it preheats. Once oven reaches 350°F, bake until a thermometer inserted into center of loaves registers 160°F to 170°F about 15 minutes.

3. Let stand 5 minutes before serving. Top loaves with ketchup if using.

NUTRITION PER SERVING
424 calories; 40g protein;
23g fat (10g sat. fat); 11g carbs;
0 fiber; 2g sugar; 4mg iron;
137mg calcium; 549mg sodium

REE ER MEAL TIP

When it's a senseless ree e in in i i ual portions

This grants you last-minute flexibility, since you can feed one or two family members quickly (the same or different foods!). Even if the whole family will eat the same thing together, it's still faster to defrost small portions than a giant block.

NO SETTLING

NATURALLY
CAFFEINE
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SCAN TO BUY



We say no to anything mediocre and craft our tea using the finest ingredients.
It's just like raising children - you only want the best for your little ones.

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STORAGE BASICS AND HACKS

There are a few ways to wrap food up well.

Learn your layers.

You can cover food with foil, plastic wrap, or parchment to limit air—and stop the dreaded freezer burn.

All are great first lines of defense, but the advantage of parchment and foil is that they don't need to be removed for reheating. (Parchment can also be used to separate foods within a container so they don't stick.) Cover with a second layer of foil or wrap, then place in a freezer bag or a freezer-safe container for extra protection.

Leave room.

Never fill a vessel to the top or you risk the lid popping off or the seal breaking when the food expands.

Choose the right dish.

Tempered glass is ideal for going from freezer to oven to table. Make sure ceramic dishes are labeled oven- and freezer-safe.

Opt for freezer bags.

"Bags that are not made for the freezer are more porous, so freezer burn is likely. Freezer bags are thicker for keeping more air out. If you only have standard bags, use two or three." —ROSEN

Go pro.

"I have a vacuum sealer that's paid for itself a hundred times over. It removes air to prevent ice crystals. I can reheat things in the bags in a pot of simmering water like a sous vide." —MAURO

Repurpose.

"This sounds weird, but those little breast-milk bottles are amazing for freezing leftover coconut milk. I'll add it to oatmeal or soup for creaminess without dairy." —CLARK

SAME GREAT TASTE AS HELLMANN'S REAL MAYONNAISE

INGREDIENTS

- 2 ears corn-on-the-cob, cut into 8 pieces
- 2 bell peppers (red and yellow)
- 1/2 red onion, cut into chunks
- 1/2 zucchini, sliced
- 5 jalapeno peppers
- 5 wooden skewers, soaked in water 15 minutes
- 4 Tbsp. Hellmann's® Vegan Dressing and Spread
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1/8 tsp. paprika

METHOD

1. Alternately skewer corn, bell peppers, onion and zucchini on 4 skewers. Skewer jalapeno peppers on 1 skewer. Brush with 2 Tbsp. Hellmann's® Vegan Dressing and Spread and sprinkle with salt, pepper and paprika.
2. Grill or broil, turning once until vegetables are tender, about 15 minutes. Serve with remaining 2 Tbsp. Hellmann's® Vegan Dressing and Spread.



WE'RE ON THE SIDE OF FOOD



Creamy Green Chile Enchiladas

Active Time **15 minutes**
Total Time **1 hour, plus freezing and thawing time**
Makes **12 enchiladas**

INGREDIENTS

- 2 cups no-salt-added canned black beans (from two 15-oz. cans), drained and rinsed
- 1 cup precooked microwavable white or brown rice
- 1 4-oz. can diced mild Hatch green chiles
- 4 green onions, thinly sliced
- ½ tsp. ground coriander
- 2 cups shredded Colby Jack cheese (8 oz.), divided
- 1½ cups tomatillo salsa, divided, plus more for garnish (optional)
- Nonstick cooking spray
- 12 6-in. flour tortillas
- ½ cup sour cream
- Sliced avocado and cilantro, for garnish (optional)

MAKE IT

1. Stir together black beans, rice, green chiles, green onions, coriander, 1 cup cheese, and ½ cup salsa in a bowl to combine.

2. Coat a 9x13-in. freezer- and oven-safe baking pan or disposable aluminum pan with cooking spray, and add ½ cup salsa to bottom of pan. Working with 1 tortilla at a time on a clean surface, add about ½ cup black-bean mixture down the center of tortilla; roll tortilla. Place seam side down in pan on salsa; repeat with remaining tortillas.

3. Whisk together sour cream and remaining ¾ cup salsa in a bowl; pour on top of enchiladas. Sprinkle with remaining 1 cup cheese. Cover with foil. Wrap dish in 2 layers of plastic wrap. Freeze for up to 2 months.

● **THAW, THEN BAKE:** Transfer dish to refrigerator 24 hours before cooking. Preheat oven to 375°F. Remove plastic wrap from dish but leave foil cover on. Bake until heated through and cheese is melted, about 45 minutes.

● **BAKE FROM FROZEN:** Remove plastic wrap from dish but leave foil cover on; place in oven. Set oven to 425°F, and let enchiladas thaw in oven while it preheats. Once oven reaches 425°F, bake until heated through and cheese is melted, about 1 hour 30 minutes.

4. Garnish with salsa, sliced avocado, and cilantro, if using.

NUTRITION PER ENCHILADA
256 calories; 10g protein; 11g fat (6g sat. fat); 28g carbs; 4g fiber; 3g sugar; 2mg iron; 220mg calcium; 570mg sodium

Spinach and Artichoke Stuffed Shells With Chicken

Active Time **40 minutes**
Total Time **1 hour 20 minutes, plus freezing and thawing time**
Makes **6 servings**

INGREDIENTS

- ½ tsp. kosher salt, divided, plus more for pasta water
- 1 10-oz. pkg. frozen chopped spinach, thawed
- 2 cups shredded rotisserie chicken (from 1 chicken)
- 1 cup chopped marinated artichoke hearts
- ⅓ cup store-bought pesto
- 2 cups shredded part-skim mozzarella cheese (8 oz.), divided
- 1 12-oz. pkg. jumbo pasta shells
- 2 Tbs. unsalted butter
- 2 Tbs. all-purpose flour
- 2 cups whole milk
- ⅓ cup heavy cream
- Nonstick cooking spray
- ¼ cup grated Parmesan cheese

MAKE IT

1. Bring a pot of salted water to a boil over high. Wrap spinach in paper towels; squeeze out excess liquid. Stir together squeezed spinach, chicken, artichoke hearts, pesto, 1 cup mozzarella, and ¼ tsp. salt in a bowl.

2. Cook pasta according to package directions until al dente. Drain, and rinse under cold water until cool enough to handle.



3. While pasta cooks, melt butter in a saucepan over medium. Add flour; cook, whisking constantly, until light golden brown, 1 to 2 minutes. Gradually add milk, whisking constantly; whisk in cream. Bring to a boil over medium-high, whisking often. Cook, whisking often, until cream sauce has thickened slightly, 2 to 3 minutes. Remove from heat, and add ¾ cup mozzarella and remaining ¼ tsp. salt; stir until cheese is fully melted.

4. Coat a 9x13-in. freezer- and oven-safe baking dish or disposable aluminum pan with cooking spray. Pour ¾ cup cream sauce on bottom of pan. Stuff each cooked shell with 1 Tbs. spinach mixture, and place open side up in pan. (Discard or reuse broken or leftover shells.) Pour remaining cream sauce on and around stuffed shells. Sprinkle with Parmesan and remaining ¼ cup mozzarella. Cover with foil. Wrap dish in 2 layers of plastic wrap. Freeze for up to 2 months.

● **THAW, THEN BAKE:** Transfer dish to refrigerator 24 hours before cooking. Preheat oven to 375°F. Remove plastic wrap from dish but leave foil cover on. Bake until cheese sauce is bubbling, about 45 minutes. Remove from oven, turn oven to broil, remove foil, and broil until top is golden brown, 2 to 3 minutes.

● **BAKE FROM FROZEN:** Remove plastic wrap from dish but leave foil cover on; place in oven. Set oven to 425°F, and let stuffed shells thaw in oven while it preheats. Once oven reaches 425°F, bake until cheese sauce is bubbling, about 1 hour 30 minutes. Remove from oven, turn oven to broil, remove foil, and broil until top is golden brown, 2 to 3 minutes.

NUTRITION PER SERVING
621 calories; 37g protein; 31g fat (14g sat. fat); 49g carbs; 5g fiber; 8g sugar; 3mg iron; 534mg calcium; 778mg sodium

A PRO ORGANIZER'S BEST TIPS

Angela Smith specializes in helping clients take control of their kitchen. She's also a mom of four boys under age 10, so she knows the value of a tidy freezer.

Sort by category.

Use clear bins, which allow you to see what's inside, and label them. Think in terms of genres like meat, veggies, fruit, and snacks. But feel free to get specific for your family: Do you need a bin for smoothie kits? Backup bagels? Baking supplies? Avery Dissolvable Rectangle Labels dissolve during hand-washing or in

the dishwasher, so no need to scrape off sticky residue. \$12; avery.com

Take some foods out of their packaging.

Breaking down a few bulky items will give you more wiggle room. For example, divide a pack of meat into meal portions and put them in their assigned container. Do the same for things that

don't require the box's cooking instructions, like individual ice-cream pops. You could even cut out the instructions for products you buy regularly, like frozen waffles or pizzas, and save them.

Skip round storage.

It's more space efficient to use square or rectangular containers. Freezer

bags and vacuum-sealed foods are also easily stacked or squeezed into tight spots.

Embrace your system.

If you always put something in the same place, your family will naturally look for it there, Smith says. Get your kids to help put away groceries so they can see what's coming in and where it goes.

This quiet moment is brought to you by nature.
Also by FASENRA.

FASENRA helps prevent asthma attacks, improve breathing, and lower daily use of oral steroids.* It's only 1 maintenance dose every 8 weeks[†] and has a convenient pen option.

Talk to your doctor or visit **FASENRA.com**. Think of this moment as a quiet victory.

FASENRA is an add-on treatment for people 12 and older with severe eosinophilic asthma. It's not a rescue medication or for other eosinophilic conditions.

*Results may vary.

[†]The first 3 doses are given on day 1, week 4, and week 8.

IMPORTANT SAFETY INFORMATION

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Do not use to treat sudden breathing problems.

FASENRA may cause serious side effects, including:

• **allergic (hypersensitivity) reactions, including anaphylaxis.**

Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:

- o swelling of your face, mouth and tongue
- o breathing problems
- o fainting, dizziness, feeling lightheaded (low blood pressure)
- o rash
- o hives

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
 - o There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothersbaby.org/fasenra.

• are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

• are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

Do not stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

The most common side effects of FASENRA include: headache and sore throat. These are not all the possible side effects of FASENRA.

APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of full Prescribing Information on following page.

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IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Before using FASENRA tell your healthcare provider about all of your medical conditions including if you:

- are taking oral or inhaled corticosteroid medicines. Do not stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.

There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.

- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

Tell your healthcare provider about all the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Do not stop taking your other asthma medicines unless your healthcare provider tells you to.

How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.

- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. Do not try to inject FASENRA until you have been shown the right way by your healthcare provider. See the detailed Instructions for Use that comes with FASENRA PEN for information on how to prepare and inject FASENRA.
- If you miss a dose of FASENRA, call your healthcare provider.

What are the possible side effects of FASENRA?

FASENRA may cause serious side effects including:

- allergic hypersensitivity reactions including anaphylaxis. Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
 - swelling of your face, mouth and tongue
 - breathing problems
 - fainting, dizziness, feeling lightheaded (low blood pressure)
 - rash
 - hives

The most common side effects of FASENRA include headache and sore throat.

These are not all the possible side effects of FASENRA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) for up to 14 days.
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- Keep FASENRA and all medicines out of the reach of children.

What are the ingredients in FASENRA?

Active ingredient: benralizumab

Inactive ingredients: L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20, α,α -trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive.

Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at www.fasenra.com.

FASENRA is a registered trademark and FASENRA Pen is a trademark of the AstraZeneca group of companies.

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Manufactured for: AstraZeneca LP, Wilmington, DE 19850

11/19 US-30267

For more information, visit **FASENRA.com**
or call **1-800-236-9933**

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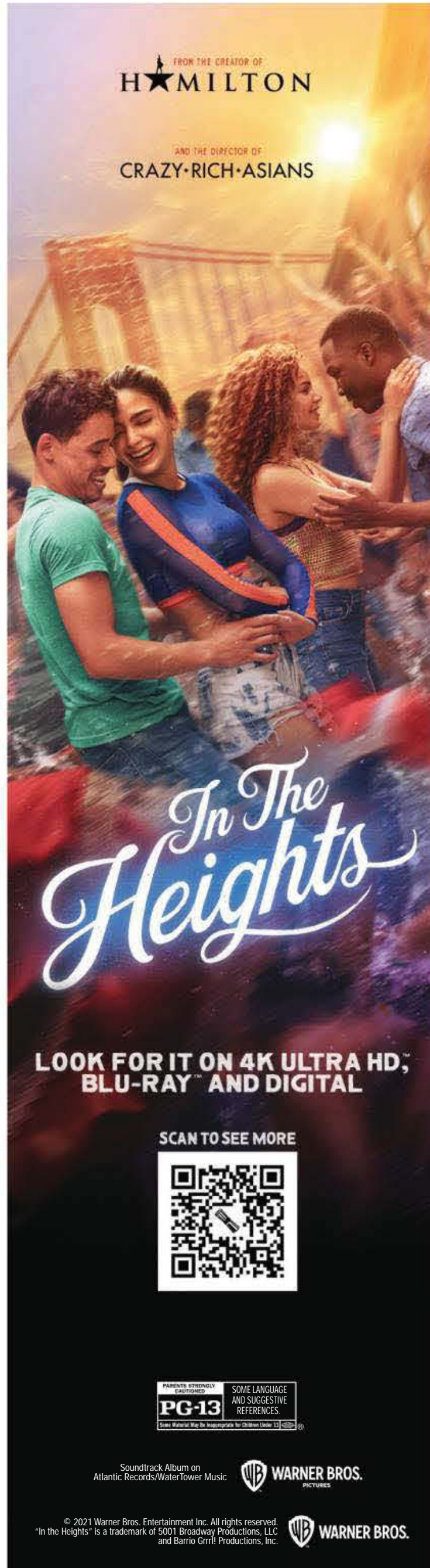
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ADVICE AS YOUR CHILD GROWS

0-12 MONTHS

HOW TO

Introduce Your Baby and Pet

by **REBECCA RAKOWITZ**

● Set the scene early.

Your infant and your dog or cat have this in common: Their world is filled with daily routines, predictable sounds, and familiar people. It can be stressful for both of your babies to get used to each other. Ease the transition ahead of time by preparing your pet well before the arrival. Introduce baby smells and sounds to your pet (wear baby lotion and play gurgles and cries on your computer). Give your pet time to get accustomed to any new spatial arrangements, including adjusting to denied access to rooms they previously could enter. Establish feeding, petting, and playtimes as they will be when the baby arrives. Create safe spaces (like an open carrier or a cardboard box) for cats who want to get away from it all. For dogs, incorporating play yards and gates is essential.

● Take it slow.

The introduction should be gradual, and your pet should set the pace. Make treats readily available so your pet can form a positive association with your baby. Let them both observe each other

without forcing contact. Brief, upbeat experiences are better in the long run than prolonged, stressful ones. Always have an adult supervise when your baby and pet are near each other, and if either one seems upset, separate them.

● Watch out for allergies.

If you or your partner has allergies, your baby is likely to develop them too. As babies get older, they may experience trouble breathing, full-body skin irritation, or a more localized patch of hives if a dog licks them. The allergen from dogs is found mainly in their saliva, not their fur, so even hypoallergenic pups can cause a reaction. A cat's allergens are often in their fur or dander. Talk to your pediatrician or pediatric allergist about any concerns.

Sources: Ashwini P. Reddy, M.D., a pediatric allergist and assistant professor of pediatrics at Perelman School of Medicine at the University of Pennsylvania; Jennifer Shryock, founder and director of Family Paws Parent Education, in Cary, North Carolina; Matt Wildman, a cat- and dog-behavior expert and animal caregiver at Red Robin Song Animal Sanctuary, in West Lebanon, New York.

1-2 YEARS

HOW TO

Handle Squirmy Diaper Changes

by **TAMEKIA REECE**

● Stay cool.

As much as it may seem like it, your toddler isn't trying to drive you bonkers as you swap out their dirty diaper. They just want to play, explore, and move, and staying still for a diaper change kills their vibe. Plus, toddlers want to assert their independence. Trying to get them to do something they would prefer not to do, such as being changed when they want to keep playing, means they'll put up a huge fuss. Take a deep breath and

remain calm so these activities don't become a power struggle.

● Give them some control.

Your child may be more cooperative if you involve them in the process. Let your kid choose their diaper and pick the location where they want to be changed. You can say, "Do you want to have your diaper changed on the floor or the changing table? Standing or lying down?" A change may be less frustrating if it's done where they want it to be.

● Focus on distraction.

Diaper changes can be quite boring for your toddler, so look for ways to make them interesting. Sing silly songs, make goofy faces, blow raspberries on their tummy, or speak in a funny voice. A small basket of toys or books can be a great distraction too. To make the items more appealing, bring them out only during diaper changes.

● Make sure they're comfy.

Sometimes excessive wiggling can mean your child feels uncomfortable or something hurts. They might just be too hot or too cold. Also check for signs of a diaper rash, which may include pink or red patches in the diaper area. If your child has a diaper rash, changing the diaper more frequently (as soon as it's soiled) and treating the rash with an over-the-counter diaper cream or ointment should clear it up within a few days.

● Consider potty training.

If your toddler wriggles during changing and is 18 months or older, it may mean it's time to ditch diapers. Some signs your child may be ready to start potty training: They can stay dry for two or more hours; they show interest in the toilet or underwear; they can follow simple instructions; and they seem to dislike a soiled diaper (possibly even trying to remove it). If this sounds like your kid, it might be time to put them on the potty.

Sources: Maria Milla, M.D., a pediatrician and section chief at Nicklaus Children's Hospital Pediatric Care Centers, in Miami; Florencia Segura, M.D., a pediatrician at Einstein Pediatrics, in Vienna, Virginia.



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3-4 YEARS

HOW TO Get Them Cooking

by MICHELLE CROUCH

Time it right.

Schedule their first kitchen session on a weekend, not a busy weeknight when you're pressed for time, and make sure that both you and your child are in the right frame of mind for cooking. Your child shouldn't be tired or cranky, and you're going to need patience and energy. Kids love to do as much as they can on their own in the kitchen, so the more time and space you can give your child to do that, the better the experience will be for both of you.

Use kid-friendly equipment.

Consider bringing your mini chef up where the action is with a "learning tower." It's sturdier than a traditional step stool, and it has a rail around the top to keep kids from falling. Other tools worth investing in: plastic bowls with handles that make stirring easier, and a dough whisk for mixing batter. And don't forget a kid-size apron.

Keep it simple.

At first, assign basic tasks like tearing lettuce, dumping smoothie ingredients into a blender, or adding toppings to oatmeal. They'll keep little hands busy and will give your young chef a sense of accomplishment. Preschoolers also love breaking off broccoli or cauliflower florets and using a potato masher to smash beans, cooked potatoes, or an avocado.

Try an easy recipe.

Ready to take it up a notch? Offer your child a variety of precut, preprepared ingredients (cheese and crackers, fruit, or veggies and dip), and let them go to town assembling their favorites into a colorful cheese board. Or try making

banana bread together—your child can help mash the bananas, add the ingredients, stir the batter, and scoop it into a loaf pan. And say yes to the mess. Flour will probably fly everywhere, and your kid is inevitably going to dump in too much baking soda. But it's a small price to pay. Being involved in cooking makes kids better eaters and boosts their fine motor skills. And it's fun!

Source: Parents advisor Sally Kuzemchak, R.D., author of *The 101 Healthiest Foods for Kids*; Amy Palanjian, creator of YummyToddlerFood.com and author of *Busy Little Hands: Food Play!*

5-6 YEARS

HOW TO Prepare for New Teeth

by ADRIENNE FARR

Bring on the snaggles.

Your little bud is sprouting, and so are their teeth. By now, your child probably has 20 primary teeth—ten on the top and ten on the bottom. Very soon (if not already), these baby teeth will begin to be replaced by permanent (adult) teeth, starting with the bottom two in the front, then the top two. Keep in mind, every little person is different; yours may lose teeth at different times than their peers.

Let teeth come out on their own.

You may remember running around the house to get away from your parent, who was going for the dreaded tooth pull. You didn't like it, and your kid won't either. Typically, once an adult tooth is pushing through the gums, most of the root of the baby tooth will have already dissolved. If a procrastinating tooth is hanging out in your kid's mouth, have your child wiggle it multiple times a day with their tongue or a clean finger. The more they do, the looser the tooth will get. You can also give them foods they'll have to bite into, like an apple, to help a stubborn chomper come out.

Know when to go to the dentist.

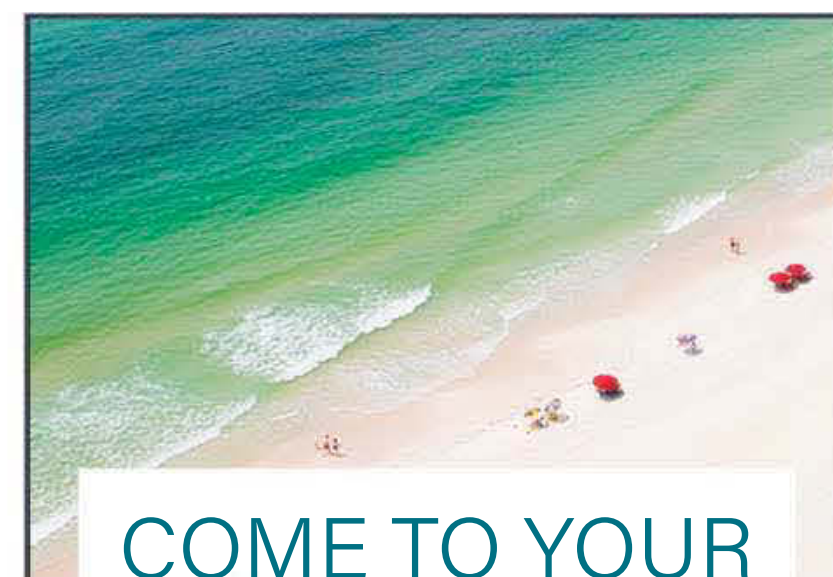
Take your child to their dentist if the baby tooth will not fall out even after the new tooth has pushed through the gums. The dentist can tell if it should be extracted. The healing time afterward is roughly one or two days, and some bleeding will occur. Have your child bite on dry gauze until any bleeding subsides. Your doctor may also advise a soft-food diet (bring on the ice cream!) while your child heals.

Sources: Parents advisor Lezli Levene Harvell, D.M.D., a pediatric dentist and owner of Dental Kidz, in Newark, New Jersey; Kenya McCaleb, D.D.S., co-owner of Smile Theory, in Chicago.

Send Us Your Kid Quotes!

BEST OF GIGGLES PROMOTION, PAGE 136

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GIGGLES

Julian, 6

My cousin said to my son, “Congratulations, you passed kindergarten!” Julian responded, “What’s that?”

 **Yvette Cobian**
Santa Paula, CA

Batsheva, 9

We were driving behind a Jeep 4x4 when my daughter sighed and said, “They want us to practice multiplication wherever we go!”

 **Rivkie Chase**
Lakewood, NJ

Shaylee, 7

“Can I wear makeup to school on Monday?” my daughter asked. I was confused and said, “No, why?” Shaylee replied, “Because you told Grandma that Monday was a makeup day!”

 **Alesha Rothberg**
Oak Park, MN

Helen, 3

My daughter was explaining that she had learned about elephants and told us, “They use their trunks to shoot water at their creditors and scare them away.”

 **Mandy Tarzanin**
Cary, NC

Logan, 5

As my son climbed into the car after a statewide math assessment, I eagerly inquired, “What kinds of questions did they ask you?” His response: “Too many.”

 **Jessica Koller**
Haymarket, VA



Sawyer, 7

Teacher Appreciation Week was coming up, and I asked my son if we should get his teacher a gift card for The Cheesecake Factory. He said, “I think she would like seeing how cheesecake is made.”

 **Nicole Dalesandro**
Fort Myers, FL




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