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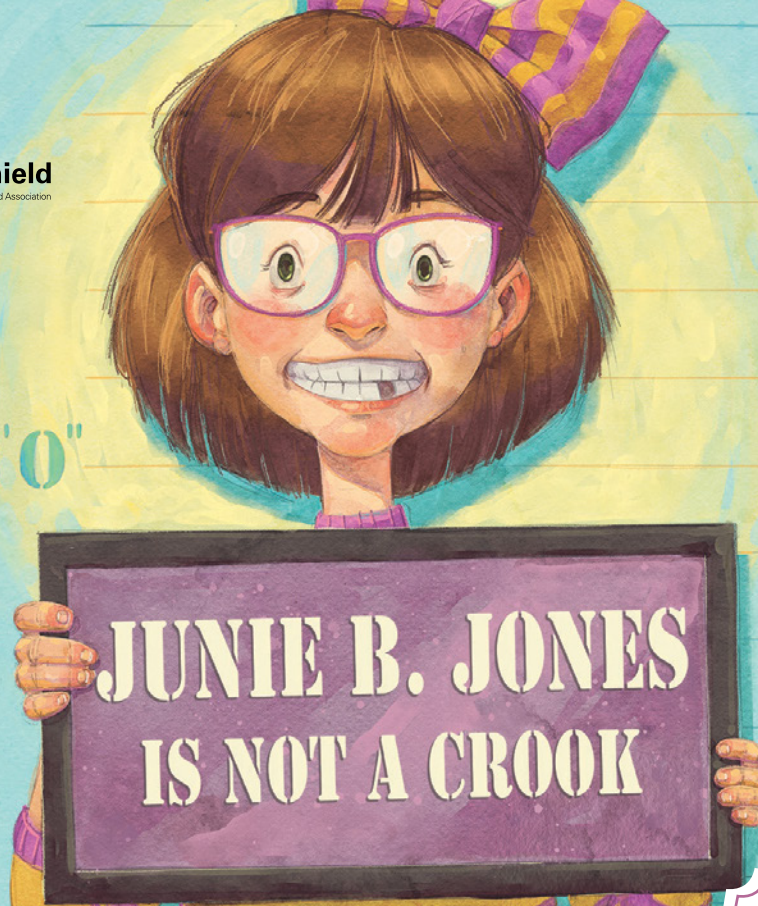
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TheStudio

A new facility in west Little Rock, The Studio is a place where moms can find community, therapy and parenting guidance through the ups and downs of life.

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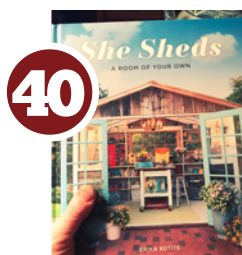
40 / PARENT-ISH: Betsy Singleton Snyder continues her column series, this month writing about "she sheds," the female equivalent to man caves.



42 / DATE NIGHT: Date night is going back to the basics — this month we're talking about coffee dates and three delightful little spots where you can sip and snack.



Does mom need a space of her own? Learn about she sheds in this month's Parent-ish column.



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APRIL FATULA

is the media relations specialist for Eric Rob & Isaac. She lives in Searcy with her husband and three children and dreams alternately of being a travel writer and drinking her coffee while it's still hot. In this issue, she writes on page 34 about the generational differences in raising kids, with a nurse and counselor providing input on this important but often sensitive subject.



REEDIE RAY

is a native Arkansan who developed his work ethic from growing up on a farm in northern Pulaski County. He has served on the Jacksonville City Council for 28 years and the Jacksonville Advertising & Promotion Commission for eight years, serving as chairman for five of those years. He is open-minded, creative and always "on the go." This month, he shared his input on fun, family activities in Jacksonville for Inspiration Station on page 8.



BETSY SINGLETON SNYDER

is a pastor, writer and blogger. She is the author of "Stepping on Cheerios: Finding God in the Chaos and Clutter of Life," and blogs at www.WomenadeStand.com, a sassy and spiritual spot to dish on the tarest and sweetest pieces of life, stand up together, and reach out in love. Betsy and her husband, Dr. Vic Snyder, who formerly served in the U.S. House of Representatives, live in Little Rock with their four sons. On page 40 Betsy continues her column series, "Parent-ish."



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Learning New Things



I'm going to let you in on a little secret: this job teaches me new things with each magazine that I work on. Especially this month's issue.

We can tend to keep things on the lighter side here at Little Rock Family, but we still want to provide content that's informative and meaningful for our readers. This issue's cover story features a mom and her brand new business, The Studio.

I went into my interview with Stephanie Johnston with a lot of questions. We discussed postpartum OCD, the struggles of becoming a new parent, how it can be difficult to label someone with postpartum depression and more.

These topics are so important, but can be hard to talk about. As someone who doesn't yet have kids, it was enlightening to hear about these things, and I'm sure there are a lot of moms out there who wish they had learned more before a baby was in their arms.

In this issue we're also addressing another sensitive topic: taking care of aging parents or other elderly relatives. This was another chance for me to be, as they say, "ahead of the learning curve."

There's no shame in what you don't know. I think it's vital, as adults, to keep learning. As parents, it sets a great example for your kids.

I remember when I was homeschooled in elementary school, my mom would frequently comment on all the new information she was learning as she taught us. It's no surprise that by the time you're in your 20s, 30s and 40s, you've likely forgotten some of the third grade science you learned years ago and how to calculate the area of a circle (or maybe that's just me).

Whether you'd like to step back in time and learn along with your kids, pick up a brand new hobby or educate yourself on a serious topic such as mental health, I say go for it.

Kids learn by example more than anything else, so you as a parent can set an example of having that thirst for knowledge. And maybe reading some of the articles in Little Rock Family can be just one small part of that journey.

Happy learning!

Alexis Crowe

Alexis Crowe, Editor



little rock family

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8:30, 9:45 & 11:00 a.m.
Sanctuary & New Heights Worship

9:30 a.m. — St. Luke Campus
Worship

9:45 a.m. — Sunday School



Short Drives Series

6 Fun Spots to Check Out in Jacksonville

BY REEDIE RAY AND ALEXIS CROWE

Part three of our Short Drives series features the city of Jacksonville, just a 20-minute drive from Little Rock. Jacksonville is home to unique historic attractions and including a battlefield landmark and has the claim to the only Fuzzy's Taco Shop in the central Arkansas area. These outdoor, family-friendly attractions are perfect for a spring break day trip or an afternoon out of town on any ordinary weekend.

Check out what this little city has to offer just a short drive away!



Courtesy of Jacksonville Advertising and Promotion Commission



Learn about recycling at 11 education stations.



*Courtesy of
Fuzzy's Taco Shop*

Fuzzy's Taco Shop also offers a breakfast menu.



Teach kids firearm safety at the shooting complex.

1 Jacksonville's Shooting Sports Complex

This state-of-the-art public shooting range facility is part of a partnership with the Arkansas Game & Fish Foundation. The complex houses space for trap shooting, skeet shooting and archery, with certified coaches nearby to offer tips on each activity. Events are held regularly at the complex, which is located at 2800 Graham Road.

The cost is \$6 per person per round for skeet or trap (25-shot rounds) or \$5 per person per round for Jacksonville residents. Ammunition and ear and eye protection are sold in the pro shop on site and firearms are available for loan through the facility manager. The facility is open Wednesday-Sunday and adults must accompany any shooters under 18. Head to www.Facebook.com/AGFFShootingSportsComplex/ for more information.

2 Reed's Bridge Battlefield

Add some educational fun to your day with a visit to Reed's Bridge Battlefield. The historic site offers a glimpse at what life was like when a famous Civil War battle took place on Jacksonville's soil. Visit the grounds to take a tour of the battlefield, enjoy a picnic or take pictures of the historic scenery. The site includes an 1860s replica homestead and narrative historical markers highlighting the 1863 Little Rock Campaign Civil War Battle as Union soldiers tried to punch their way south while Rebel troops tried to protect the Capitol.

The battlefield is located at Arkansas 161. Call (501) 241-1943 for more information.



Jacksonville is home to a Civil War battlefield.



When the weather warms up, the Splash Zone Water Park is perfect for hours and hours of active play.

3 The Museum of Military History

Complete your history lesson with a visit to the Museum of Military History, located at 100 Veterans Circle. The museum covers all major wars and includes a theater area, interactive displays, memorabilia and a gift shop. Each display will help you better understand how the conflicts affected not only the world, but the local area as well.

Admission to the museum is \$3 for adults, \$2 for senior citizens and military families and \$1 for students. Visit www.JaxMilitaryMuseum.org for more information.

4 Jacksonville Splash Zone Water Park

This location has "summer break fun" written all over it. While it's a little chilly to jump in an outdoor pool, keep this on your list for when summer boredom hits. The park features two waterslides, three massive pools, a water tunnel, splash pads and plenty of places to let kids of all ages swim and play. For the parents, lounge chairs and Jacuzzi jets are perfect places to relax as your kids cool off in the water.

Season passes go on sale March 1 and there is limited availability. The Splash Zone is located at 201 W. Martin St. and starts its season on May 26. Daily admission is \$5. For more information, visit www.CityofJacksonville.net/Facilities/Facility/Details/Splash-Zone-10.

5 Fuzzy's Taco Shop

This nationwide restaurant chain features a variety of taco options and delicious salsa, cheese dip and guacamole. This is a great family restaurant and the only Fuzzy's in central Arkansas. Plus, when the weather is warm enough, sit outside on the patio and bring your four-legged friend along to this dog-friendly establishment.

There is a kids menu as well as a breakfast menu to accompany the standard tacos, burritos, nachos and more. The restaurant is located at 140 John Harden Drive and more information is available at www.FuzzysTacoShop.com.

6 Ron Newport Recycling Education Park

This education park is the only one of its kind in the country and provides a truly unique recycling education experience. What makes this park different is the special emphasis on the arts and the sculptures created from recycled materials.

The park features 11 education stations along with whimsical sculptures that are appealing to the whole family. There are also picnic areas, a walking track, volleyball courts, hopscotch, frisbee golf and more. The park is located at 1300 Marshall Road. For a full brochure, visit www.CityofJacksonville.net/DocumentCenter/View/870.

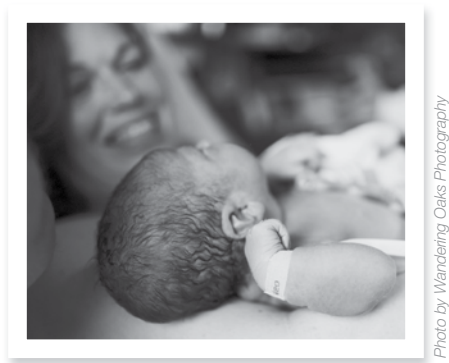


Photo by Wandering Oaks Photography

Stronger Together

The Studio Uses Community, Therapy to Help Moms Overcome Challenges

BY ALEXIS CROWE

Moving forward while reaching back. It's a difficult dance between two ideals that Stephanie Johnston is reaching for. She's working to create a space for connection; something Johnston calls "tribal" as she compares it to the communal lifestyle of the past, when generations connected daily and grandmothers helped raise children.

But at the same time, Johnston is striving to knock down postpartum stigmas and help people — moms in particular — to realize that being pregnant and having a child isn't easy, and that it's more than OK to ask for help. It's an idea that's modern and forward thinking, and one that she believes should become the norm.

And while those two goals are seemingly independent, Johnston says they actually work together: The best help and counsel an individual can get is through community and connection.

"Kind of the cure-all is connection; being in touch with other women," Johnston said.

Which is why, in December 2017, she opened The Studio. Its triangle of core values is simple: heal, create and connect.

As a psychotherapist specializing in women's issues, Johnston has years of experience in counseling, which is where the "heal" value comes into play. Before opening The Studio, she worked full time at the U.S. Department of Veterans Affairs but has since cut back on her hours there.

Johnston and her husband are both trained artists, which made the "create" value an easy addition.

"I wanted to do art and bring that back into the world and have fun and create by doing art groups (here) and bringing that into therapy," Johnston said.

The idea of connection runs through the entire business; she hosts support groups for moms and wants The Studio to be a gathering place for women in all stages of life.

Stephanie's Story

Johnston's desire to open The Studio is in part rooted in her own role as a mother. She has a two year old and a four month old and both of their entries into the world were less than picture perfect.

With her first daughter, Hazel, Johnston had a rough pregnancy. She said it was much more difficult than she had expected because so many of her friends had loved being pregnant, but for her that was not the case.

Her labor was equally difficult and after 30 hours resulted in a cesarean section delivery. Hazel was immediately whisked away to the NICU where she stayed for the next week due to low blood sugar.

"It really messed with my head as far as the bonding stuff, it wasn't what I expected," Johnston said.

During the next few months, she suffered with postpartum OCD as well as some depression and anxiety.

With her second daughter, Isabelle, the delivery was a much better experience for Johnston, but when Isabelle was born she was blue and quickly taken to Arkansas Children's Hospital, where it was discovered that she had a congenital heart defect.

"When Isabelle got sick, it really dawned on me about all the postpartum stuff, like postpartum support," Johnston said. "It hadn't dawned on me that women in the hospital with their kids are going to need support they can't get. Now I'm doing Skype therapy and teletherapy so that (those moms) don't have to leave home or the hospital."



Both of Stephanie Johnston's daughters — Hazel, 2, and Isabelle, 4 months — had medical complications when they were born, which led Johnston to realize that many mothers need support during those first few months after giving birth.

Photo by Jacob Slaton

Forming Partnerships

In addition to prompting her to offer postpartum therapy, Isabelle's birth also led to a partnership between The Studio and Wandering Oaks Photography.

Photographer and owner Brittany Oaks had been searching for a mom who was interested in having her labor and delivery photographed so she could use the photos on the Wandering Oaks website and in her advertising materials. Johnston saw her post asking for a volunteer and reached out, so Oaks was there to capture Isabelle's birth.

"Stephanie has a huge interest in postpartum health and we talked about the connection of being able to look at those photos if you have a traumatic birth," Oaks said. "She didn't think she was going to have a traumatic birth, but her baby ended up having a heart defect and being able to look at those photos was really important to her."

Now, Oaks is working with Johnston to offer birth photography to clients who visit The Studio.

Johnston is also working with Arkansas Family Doula, an organization that, similar to The Studio, works with families from prenatal through the parenting journey.

During labor, doulas can provide physical and emotional support. Postpartum, doulas can visit homes to provide guidance in establishing routines with a new baby at home.

Owner Sondra Rodocor manages the team of 12 professionals who work across the state and says that, as doulas, they want to work with each family individually and "meet families where they are."

"With Stephanie, we've connected because we're both passionate about helping families and creating that village mentality that we've lost," Rodocor said. "We just want to normalize what families are going through and let them know that they're not alone."

Arkansas Family Doula offers childbirth classes at The Studio, including extensive options and some shorter, information-packed sessions.

"We know that every family is different and unique," Rodocor said. "With Stephanie's help, we are integrating and introducing families to the counseling aspect of (raising a child). A lot of people don't realize that even though 'we're in a good place and we've got it all together,' speaking with someone and connecting with someone on the outside is really helpful and important."

Bringing Home Baby

In addition to these partnerships, Johnston offers a wide variety of classes, therapy, art sessions and more at The Studio. One of her favorites is the Bringing Baby Home Workshop, which is a 12-hour couples' therapy course.

"It's like premarital therapy, but it's pre-child therapy," Johnston explained. "For anybody who's about to have a kid or anybody who's already had a toddler, it's kind of just really intentionally planning out how you want your family to exist and heading off problems before they start."

In the sessions, they address topics such as how to fight and make up well as a couple and the rituals and traditions families want to maintain. Some of the questions that come up

"We act like it's not a big deal to have a kid, and it is. Mentally and emotionally it is such a big deal just to go through that whole experience and it can so easily go wrong."

- Stephanie Johnston

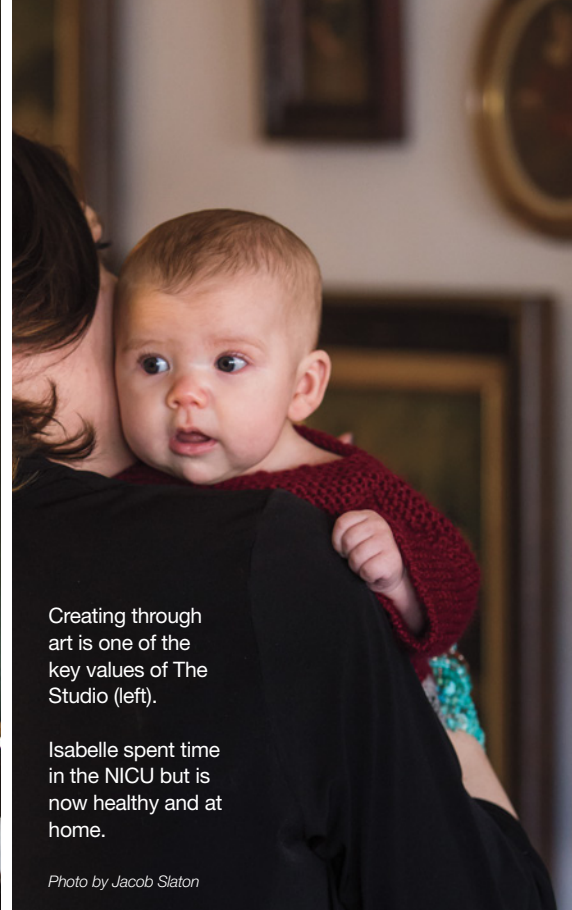
Professional photography was an important part of Johnston's birth story with her daughter Isabelle.

Photo by Wandering Oaks Photography





Photo by Jacob Slaton



Creating through art is one of the key values of The Studio (left).

Isabelle spent time in the NICU but is now healthy and at home.

Photo by Jacob Slaton

are “What do you like about your family of origin and want to keep?” and “What kinds of routines do you want to have?”

“We never sit down and have those conversations before you have a kid — you just figure it out as you go,” Johnston said. “So this is a time where you can come here for a few days and really figure everything out.”

Johnston attended training in Raleigh, North Carolina through The Gottman Institute in order to be able to teach the Bringing Home Baby Workshop. From that, her family has created some of their own traditions.

“I’m Buddhist and I have been for about 15 years,” Johnston said. “I love it and it’s very calm and meditative and spiritual and totally makes sense with me, but we live in a Christian world.”

Johnston said she grew up celebrating Christmas and Easter, but she and her husband struggled deciding how to raise their kids.

“We’re a little bit nontraditional; we’ve started celebrating the solstices with our friends,” Johnston said. “We kind of just wanted to make up our own thing.”

Other Offerings at The Studio

Johnston also offers a variety of other therapies at the studio, including dialectical behavior therapy, psychotherapy, a mindfulness group and therapy for postpartum support and anxiety.

But across the board, Johnston says the road to healing is simpler than one might expect.

“Being in touch with other women ... and just telling your story. That’s the most fundamental cure for all of these issues.”

Struggling postpartum is more common than many people realize. She said she doesn’t like to define it as necessarily “postpartum depression,” but that most new moms fall

somewhere on a spectrum, even though they’re often hesitant to acknowledge the struggles they face.

“In reality, it’s just as rare to have that warm, fuzzy, glowing experience as it is to have a super awful experience, but we just don’t talk about it,” Johnston said. “I think the real hangups are the stigma of seeking support ... I think every mother should get some kind of support.

“We act like it’s not a big deal to have a kid, and it is. Mentally and emotionally it is such a big deal just to go through that whole experience and it can so easily go wrong. And when that happens there’s no reason to just struggle for two years and try and get over it yourself. Therapy is super effective for that. You really just need to tell your story and that can make it so much better.”

Not everything at The Studio is so heavy. In fact, when it comes to the “create” value of the business’ mission, Johnston offers crafting sessions she calls “Pinterest parties.”

“We bring beer and wine and hang out and it usually turns into like a mom support group,” Johnston said.

Artsy Crafts Groups are offered every Friday evening from 6-8 p.m. and Saturday afternoons from 2-4 p.m. with seating limited to 10 each time.

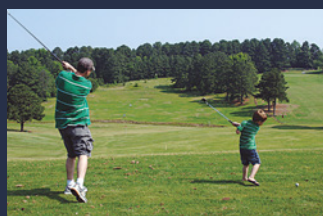
For more information on everything that The Studio offers, visit the website at TheStudioLR.space

Although the business is still in its infancy, Johnston is confident that what she is offering is important to women and moms everywhere — and she’s determined to make a difference.

“The point of all this was that I wanted just a gathering space for women,” Johnston said. “I want to be more active, to actively change the world and make it a better place.” 🌈



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Ultimate Camps Guide 2018

*Area codes are (501) unless listed otherwise.



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Ages: 9-19
Cost: \$225
Kids express their creativity by making products that they can use in everyday life, enter in a craft fair, or use as inspiration to create their own business.

Crazy About Colors Camp (See ad on page 26)

3224 Kavanaugh Blvd., Little Rock
664-8006 | MtStMary.edu | SummerCamp@MtStMary.edu
Dates: June 4-8, 1-4 p.m. (grades 2-6), 9 a.m.-noon (grades 7-8); June 11-15, 9 a.m.-noon (grades 6-8), 1-4 p.m. (grades 2-5)
Ages: Girls grades 2-8
Cost: \$150
This is a fun-filled week spent exploring colors. Each day a different color will be highlighted with special activities.

Creative Writing Camp (See ad on page 26)

3224 Kavanaugh Blvd., Little Rock
664-8006 | MtStMary.edu | SummerCamp@MtStMary.edu
Dates: June 25-29, 1-4 p.m. (grades 2-4); June 25-29, 9 a.m.-noon (grades 5-8)
Ages: Grades 2-8
Cost: \$125
This camp gives kids an intro to creative writing. They will practice a variety of traditional and contemporary forms and styles and build a portfolio of original short stories and poems.

Design Camp in the City (See ad on page 26)

Arkansas Studies Institute, 401 President Clinton Ave., Little Rock (479) 575-2399 | FayJones.UArk.edu/News-and-Events/Design-Camp.php | JKStone@UArk.edu
Dates: Arkansas Studies Institute: June 18-22, 8:30 a.m.-4 p.m.; Garvan Woodland Gardens: June 25-29, 8:30 a.m.-4 p.m.
Ages: Grades 9-12
Cost: \$300 (April 13 early registration); \$350 (May 25 regular registration)
Faculty members share the design professions with students through hands-on projects, tours, presentations and discussions. Students work and collaborate in a fun and creative studio environment as they explore the design process.

Design Camp on Campus (See ad on page 26)

University of Arkansas, 120 Vol Walker Hall, Fayetteville (479) 575-2399 | FayJones.UArk.edu/News-and-Events/Design-Camp.php | JKStone@UArk.edu
Dates: June 11-15, 8:30 a.m.-4 p.m.
Ages: Rising grades 9-12
Cost: \$300 (April 13 early registration); \$350 (May 25 regular registration)
The Fayetteville camp has two levels: Design Camp I and Advanced Design Camp. Students can stay overnight for an additional \$300.

Harding Honors Art & Design

915 E. Market Ave., Box 10782, Searcy
279-5272 | Harding.edu/SummerAcademic | SAI@Harding.edu
Dates: July 13-27
Ages: Rising high school seniors
Cost: \$795
Earn three hours of college credit while exploring the roles of art, design and culture. Students will view art collections, learn ideation and production skills and produce an exhibition.

Junior Arts Academy (See ad on page 21)

501 E. 9th St., Little Rock
396-0353 | ArkansasArtsCenter.org/JAA | Info@ArkansasArtsCenter.org
Dates: June 4-15, 9 a.m.-5 p.m.
Ages: 6-9
Cost: \$555; \$444 (members)
This year's theme is "A Feast for the Eyes" and lets students learn about different artists, build skills in theater and visual arts, and spend two weeks working toward their final performance and exhibition. Register by May 4.

PJ Party Sewing Camp (See ad on page 22)

Episcopal Collegiate, 1701 Cantrell Road, Little Rock
590-8065 | SewCreativeStudio.com | Sophie@SewCreativeStudio.com
Dates: July 23-27, 1-4 p.m.
Ages: Grades 3-8
Cost: \$195
Learn the basics of using a sewing machine while making cool pajama pants, a fun pillowcase and an embellished sleep mask.

Sew Cute and Cuddly (See ad on page 22)

Episcopal Collegiate, 1701 Cantrell Road, Little Rock
590-8065 | SewCreativeStudio.com | Sophie@SewCreativeStudio.com
Dates: July 23-27, 9 a.m.-noon
Ages: Grades 1-4
Cost: \$190
Learn to sew while making cute stuffed animals and a personalized pillow. Campers learn to use a sewing machine and embellish their projects using hand sewing techniques and applique.

T Tauri Movie Camp (See ad on page 29)

Batesville
(870) 251-1189 | TTauri.org | TTauri@WildBlue.net
Dates: July 16-28
Ages: Grades 4-12
Cost: \$60-\$110
Choose from four, two- to four-day filmmaking workshops that introduce kids and teens to video production, acting on camera and more.

Tween Fashion Design Camp (See ad on page 22)

Pulaski Academy and Episcopal Collegiate, Little Rock
590-8065 | SewCreativeStudio.com | Sophie@SewCreativeStudio.com
Dates: June 25-29, 9 a.m.-noon (Pulaski Academy); July 9-13, 1-4 p.m. (Episcopal Collegiate)
Ages: Grades 5-8
Cost: \$190
Students learn the fundamentals of fashion illustration, draping, and creating. Sew items including a skirt, apron and clutch purse. The camp will end with a runway show.

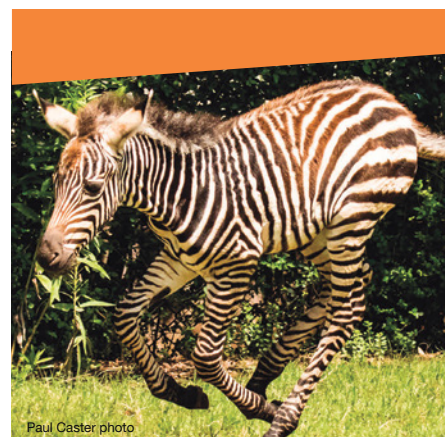


Harding University Baseball Elite Camps

Jerry Moore Field, Harding University, Searcy
279-4000 | HardingBaseballCamps.com | PMcGaha@Harding.edu
Dates: June 3-6, June 10-13
Ages: Grades 9-12
Cost: \$375; \$300 (commuters)
Campers will be exposed to every phase of the Harding baseball program, including practice/game sessions, weight training, classroom and video sessions. Organized games will be played at night.

Summer Fundamentals Camp-Harding Baseball

Jerry Moore Field, Harding University, Searcy
279-4000 | HardingBaseballCamps.com | PMcGaha@Harding.edu
Dates: May 29-June 1, 9 a.m.-noon
Ages: Grades K-6
Cost: \$100
This camp will work on the development of each player's individual skills, encourage an understanding of and participation in baseball, and an understanding of team concepts and fundamentals, hustle and attitude.



Paul Caster photo

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(behind Party City)





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SHAKES • ENERGY TEAS
SUPPORT FOR YOUR HEALTH JOURNEY

New Location in the Heights Coming Soon!

Basketball

Basketball Kid Camp at Mount St. Mary Academy (See ad on page 26)
3224 Kavanaugh Blvd., Little Rock
664-8006 | MtStMary.edu | SummerCamp@MtStMary.edu
Dates: June 11-13, 9-11 a.m. (grades 2-5); 1-3 p.m. (grades 6-9)
Ages: Girls grades 2-9
Cost: \$65
Girls will learn to develop fundamental basketball skills.

Nike Basketball Camp (See ad on page 22)
Episcopal Collegiate School, 1701 Cantrell Road, Little Rock
372-1194 | USSportsCamps.com/Basketball/Nike/
Nike-Basketball-Camp-Little-Rock/ | BFriedel@
EpiscopalCollegiate.com
Dates: June 18-22, 9 a.m.-3 p.m. (Monday-Thursday),
9 a.m.-noon (Friday)
Ages: Girls and boys ages 9-15 (separate camps)
Cost: \$275
The Complete Skills Camp helps players of all abilities develop athletically, refine fundamental basketball skills, and enhance their skill sets at the post, wing or guard positions.

Cooking

Mount Chef Junior Cooking Camp (See ad on page 26)
3224 Kavanaugh Blvd., Little Rock
664-8006 | MtStMary.edu | SummerCamp@MtStMary.edu
Dates: Grades 2-4: July 9-13, 16-20, 1-4 p.m.; Grades 5-8:
July 9-13, 16-20, 9 a.m.-noon
Ages: Grades 2-8
Cost: \$175
Campers learn the basics of cooking as they work on various techniques and recipes. Tuition covers all ingredients and supplies.

Youth Chefs Summer Culinary Camp
13000 Interstate 30 Frontage Road, Little Rock
812-2324 | UAPTC.edu | BDWilliams@PulaskiTech.edu
Dates: June 4-29
Ages: 10-17
Cost: \$250 per session
The program offer courses in baking, cake making and general culinary work throughout the summer. Slots are limited.

Dance/Cheer

Arkansas Academy of Dance (See ad on page 23)
10301 N. Rodney Parham Road, Little Rock
227-5320 | ArkansasAcademyofDance.com | Rebecca@
ArkansasAcademyofDance.com
Dates: June 4-15
Ages: 8 & up
Cost: Call for details.
The professional faculty and guest artists focus on coaching serious dance students who are training at progressive, intermediate or advanced technical levels. This program is great for dancers wishing to strengthen their classical ballet technique and stamina.

Arkansas Academy of Dance Summer Dance Camp (See ad on page 23)
10301 N. Rodney Parham Road, Little Rock
227-5320 | ArkansasAcademyofDance.com | beclynn@
hotmail.com
Dates: "Beauty and the Beast" June 18-21; "Aladdin's Lamp" July 30-Aug. 2
Ages: 3-8
Cost: TBA

Ballet Arkansas Summer Intensive
UALR Center for the Performing Arts, 2801 S. University Ave., Little Rock
223-5150 | BalletArkansas.org | Info@BalletArkansas.org
Dates: July 30-Aug. 3
Ages: 11 & up; girls at least one year on pointe
Cost: \$20 audition fee
The Summer Intensive focuses on pointe work, partnering and technique. Auditions are Sunday, March 4 at the Ballet Arkansas Studio at 520 Main St. Students may also submit an audition video.

Enrichment

BearsWrite: From Pencils to Pixels
201 Donaghey Ave., Mashburn Hall 104, Conway
450-3128 | UCA.edu/Teaching/BearsWrite/ | DWake@UCA.edu
Dates: June 25-29
Ages: Grades 4-9
Cost: \$150
Study how to use voice, setting, word choice, character traits, point-of-view, journaling and poetry. Students will create individual, digital portfolios inspired by field trips and interactions with featured guests and perform.

College Bootcamp (See ad on page 27)
Baptist Preparatory School, Little Rock Christian Academy
Carla.M.Kenyon@gmail.com
Dates: June 19-21, July 10-12, July 24-26
Ages: Rising seniors
Cost: \$349
This workshop is designed to help rising seniors prepare their college applications in order to have them ready to submit in early fall.

Confidence Camp-Missouri Military Academy
204 N. Grant St., Mexico, MO
(573) 581-1776 | MissouriMilitaryAcademy.org | Admissions@
MissouriMilitaryAcademy.org
Dates: July 8-14, 15-21
Ages: 8-11
Cost: \$1,060 per session; \$2,020 for both weeks
The Confidence Camp helps boys develop a sense of pride in themselves and their accomplishments. Campers will leave with new friendships, memories, leadership experience and a new sense of self-confidence.

Girl Scouts Counselor in Training 1 (See ad on page 30)
Camp Cahinnio & Camp Crossed Arrows, Booneville & Floral
758-1020 | GirlScoutsDiamonds.org | Camp@
GirlScoutsDiamonds.org
Dates: June 24-July 1, 6-13 (Camp Cahinnio), July 8-21 (Camp Crossed Arrows)
Ages: Rising grades 11-12
Cost: \$325
This training is all about leadership development and outdoor skills. CIT1s focus on working with campers and managing their behavior, and understanding how to work with each other and staff.

Girl Scouts Counselor in Training 2 (See ad on page 30)
Camp Cahinnio & Camp Crossed Arrows, Booneville & Floral
758-1020 | GirlScoutsDiamonds.org | Camp@
GirlScoutsDiamonds.org
Dates: June 10-22, June 24-July 1 (Camp Cahinnio), June 10-15, June 17-July 1 (Camp Crossed Arrows)
Ages: Rising seniors
Cost: \$425
CIT 2 helps girls apply their leadership development and outdoor skills to the world of resident camp. CIT2s intern at both camps with one of the three weeks at the other Diamond camp.

Harding Honors Business Experience
915 E. Market Ave., Searcy
279-4000 | Harding.edu/SummerAcademic | SAI@Harding.edu
Dates: June 15-29
Ages: Rising seniors
Cost: \$795
Students aim to discover their own passion with hands-on, practical projects and by learning from successful business leaders in an environment that is fun, exciting and challenging.

Harding Honors Symposium
Harding University, 915 E. Market Ave., Searcy
279-4000 | Harding.edu/SummerAcademic | SAI@Harding.edu
Dates: June 22-July 6, June 29-July 13, July 6-20, 13-27
Ages: Rising high school seniors
Cost: \$795
Honors Symposium prompts students to grow spiritually and academically while earning three hours of college credit. Students learn about the world we live in and how each of us fits into it as Christians through academic classes and group activities.



ARKANSAS ARTS CENTER MUSEUM SCHOOL



SPRING BREAK CAMP

Storytelling Art Studio
March 19 – 23

Use your imagination to bring storybook characters to life in your own works of art!

Ages 6 – 9

JUNIOR ARTS ACADEMY

A Feast for the Eyes
June 4 – 15

This annual, fun-filled summer program teaches both visual and theatrical arts!

Ages 6 – 9

SUMMER CAMPS

June 18 – August 3

Join us for exciting week-long, Morning and Afternoon art camps! Camps include fun titles like, *Everything Clay* and *Fantasy Drawing*.

Morning: Ages 6 – 9
Afternoon: Ages 10 – 14

Register today at arkansasartscenter.org/youth-classes or call 501-396-0353

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EPISCOPAL
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Enrichment

Leadership Camp-Missouri Military Academy

204 N. Grant St., Mexico, Missouri
(573) 581-1776 | MissouriMilitaryAcademy.org | Admissions@
MissouriMilitaryAcademy.org
Dates: July 8-21
Ages: 12-17
Cost: \$2,100
This program teaches boys the benefits and responsibilities of being leaders by giving them challenges and chances for development of decision-making and motivational skills along with self-reflection and evaluation.

New Driver Education Summer Camp

9108 Rodney Parham Road, Suite 210, Little Rock
225-4028 | ThompsonDriving.com | Niki@ThompsonDriving.com
Dates: Monday-Friday, half days
Ages: 13 & up
Cost: \$235
This course gives the new driver 30 hours of instruction, reading and lively discussion covering the laws that regulate driving in Arkansas.

Ozark Mission Project 101

2223 Dunwood Road, Little Rock
664-3232 | OzarkMissionProject.org | Info@OzarkMissionProject.org
Dates: July 23-25, July 30-Aug. 1
Ages: Grades 4-5
Cost: \$85
Campers will learn about serving others through hands on mission projects. Guest speakers from local nonprofits will share about their organizations and provide a hands on activity.

Summer Academy-Missouri Military Academy

204 N. Grant St., Mexico, MO
(573) 581-1776 | MissouriMilitaryAcademy.org | Admissions@
MissouriMilitaryAcademy.org
Dates: June 24-July 20
Ages: Grades 7-12
Cost: \$3,850 (boarding student); \$2,600 (day student)
MMA offers a high school program (grades 9-12) and middle school program (grades 7-8) to enrich, educate and inspire students and boost their confidence in and out of the classroom. Girls can attend Summer Academy as day students.

Summer Laureate University for Youth (SLUFY)

UALR, 2801 S. University Ave., Little Rock
569-3410 | UALR.edu/SLUFY | GiftedCenter@UALR.edu
Dates: July 9-20
Ages: Grades K-8
Cost: \$300; scholarships available
SLUFY has numerous classes that give students a chance to learn through hands-on experiences, guest speakers, and field trips under the guidance of enthusiastic teachers while meeting other talented students.

Study Skills Boot Camp (See ad on page 26)

3224 Kavanaugh Blvd., Little Rock
664-8006 | MtStMary.edu | SummerCamp@MtStMary.edu
Dates: July 23-27, 10-11:30 a.m.
Ages: Freshman girls
Cost: \$160
Students learn organizational skills, study strategies, time management and methods for note- and test-taking. They will discover their learning type and foster a growth mindset.

Football

One-Day Camp-Steve Campbell Football Camps

Estes Stadium, 201 E. Donaghey Ave., Conway
450-3150 | UCASports.com
Dates: July 15, 10 a.m.-1 p.m.
Ages: Grades 9 & 12
Cost: \$60
These are non-contact, skills-teaching camps designed to give each athlete a solid foundation in the football fundamentals needed to excel at his position. Players will receive hands-on instruction from Central Arkansas Football in drills and practice.

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AOS Summer Day Camp



Arkansas Outdoor School

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Summer Day Camp



www.uaex.edu/daycamp

Swimming • Canoeing • Archery • Rock Climbing • Arts & Crafts • Hiking

For Campers 7-15 Years Old • June 11-August 3

CAMP SESSIONS INCLUDE: Natural State of Science

Creativity Camp • Teen Camp • Makers Camp

Pioneer Camp • Sports of all Sorts • Science in Action

Outdoor Adventures • Wilderness Skills • Greatest Hits



DIVISION OF AGRICULTURE
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University of Arkansas System

For more info contact Mike Simmons:
(501) 821-6884 or daycamp@uaex.edu
or go to www.uaex.edu/daycamp

☆ General

Arkansas 4-H Camps (See ad on page 22)

1 Four H Way, Little Rock
821-6884 | UAEX.edu/4H-Youth/Activities-Programs/Camps |
CBocksnick@UAEX.edu

Dates: Varies

Ages: 5-19

Cost: \$110-\$700

The Arkansas 4-H Center hosts many camps throughout the spring and summer. Activities and camp themes vary to provide a well-rounded experience, and ages and cost depend on the specific camp. Visit the website for a complete list of camps and activities.

Arkansas 4-H Cloverbud Camp (See ad on page 22)

1 Four H Way, Little Rock
821-6884 | UAEX.edu/4H-Youth/Activities-Programs/Camps |
CBocksnick@UAEX.edu

Dates: June 29-July 1

Ages: 5-8

Cost: \$185

Parents can introduce their children to the overnight experience while reliving their own summer memories at this three-day family camp. Register by June 1.

Brookhill Ranch

431 Brooks Loop, Hot Springs
623-5983 | BrookhillRanch.com

Dates: June 11-Aug. 4

Ages: Completed grades 3-9

Cost: \$575

This Christian camp exposes kids to a little bit of country life. Campers stay active with crafts, fishing, horseback riding, archery, cheerleading and water activities.

Camp Eagle: Adventures for the City (See ad on page 27)

St. James United Methodist Church, 321 Pleasant Valley Drive,
Little Rock

217-6700 | StJamesLR.org | Sean@StJamesLR.org

Dates: July 30-Aug. 3

Ages: Grades 1-6

Cost: \$220

Adventures for the City campers will experience what Camp Eagle has to offer, from rock climbing to archery tag to water activities. Kids will worship with friends, explore God's unchanging Word, and learn what it means to be a kid who follows Christ.

Camp Solgohachia Day Camp

4 Ozark Mountain Road, Solgohachia
354-3959 | CampSolgohachia.com | Support@
OzarkConference.org

Dates: June 12-15, 19-22, 26-29; July 3-6, 10-13, 17-20

Ages: Grades 3-8

Cost: \$180

This Christian day camp offers worship along with a week full of traditional camping activities.

Camp Solgohachia Labor Day Family Camp

4 Ozark Mountain Road, Solgohachia
354-3959 | CampSolgohachia.com | Support@
OzarkConference.org

Dates: Aug. 31-Sept. 3

Ages: All ages

Cost: \$250/adult, \$150/child over age 5, \$75/child under age 5

Families camp together during this last blast of summer where there are activities for all ages including Sonshine Camp for ages newborn to 5. Each family stays in private lodging.

Camp Solgohachia Overnight Camps

4 Ozark Mountain Road, Solgohachia
354-3959 | CampSolgohachia.com | Support@
OzarkConference.org

Dates: June 11-16, 18-23, 25-30

Ages: Grades 4-9

Cost: \$475

This Christian camp offers worship along with a week of traditional camping activities. Campers are put into "tribes" where they lodge with six to 11 other campers.



Camp Tahkodah

5095 Camp Tahkodah Road,
Searcy

(870) 251-1289

Harding.edu/Tahkodah/

Tahkodah@Harding.edu

Dates: June 3-July 27

Ages: 8-18

Cost: \$270 (one week); \$460 (two weeks)

Camp Tahkodah is about faith, fun and friendship. Kids have daily outdoor Bible classes and traditional camp activities including swimming, various sports, crafts, canoeing, fishing, picnics, hikes and inspirational devotionals under the stars.

Camp Winnamocka

68 Fort Jackson Road, Arkadelphia

(870) 246-4599 | Winnamocka.com/Summer-Camp/Camp-Info

| Camp@Winnamocka.com

Dates: June 3-Aug. 4

Ages: 7-15

Cost: \$1,150

Girls and boys have some Tom Sawyer and Huck Finn-style fun with treasure hunts, ropes courses, dances, campfires and more. Campers can stay for one week or more to get the frontier experience.

Ferncliff Family Camp

1720 Ferncliff Road, Little Rock

821-3063 | Ferncliff.org | EWernsdorfer@Ferncliff.org

Dates: May 25-27

Ages: Families with kids 13 & younger

Cost: Varies; Children under 3 are free.

Experience camp your way with a flexible schedule of activities designed to be exciting for kids and relaxing for grownups. Stay in hotel-style rooms, enjoy meals in the dining hall and worship together as a family.

Girl Scouts Camp (See ad on page 30)

460 Cahinnio Road, Booneville; 250 Crossed Arrows Lane, Floral
758-1020 | GirlScoutsDiamonds.org | Camp@

GirlScoutsDiamonds.org

Dates: June 8-July 13 (Camp Cahinnio Sessions); June 8-July

20 (Camp Crossed Arrows Sessions)

Ages: Grades 1-12

Cost: Varies

There are dozens of Girl Scouts of overnight themed camps to choose from that are open to all girls. Campers sing songs, build campfires, make s'mores, canoe, ride horses, rock climb, develop leadership skills and more.

High Point

548 Brookhill Road, Hot Springs

624-1952 | HPoint.org | Info@HighPoint.org

Dates: June 25-30, July 2-7

Ages: 15-19

Cost: \$350

Campers will enjoy games and activities, but the purpose of High Point is training and disciplining the next generation of Godly leaders. There will be time for personal meditation along with opportunities for corporate worship and small group interaction.

Huff 'n' Puff Summer Day Camp

613 N. First St., Jacksonville

985-1818 | JaxGymatHnP.com; HuffnPuffGym.com |

JYorkCross@gmail.com

Dates: May 29-Aug. 10, 7 a.m.-6 p.m.

Ages: 5-12

Cost: Varies; \$110 per five days

The activities at this licensed camp for boys and girls include gymnastics, dance, trampoline, indoor/outdoor play, field trips, arts and crafts, and weekly swimming pool outings.

ARKANSAS ACADEMY of DANCE

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of accomplished dancers*

Our faculty is focused on the quality and excellence in training for all dancers, offering classes in Classical Ballet, Pre Pointe & Pointe, Modern, Pilates, Pre Ballet, Creative Movement, Musical Theatre and Tap into Theatre Dance.

Students will build character, gain self esteem and discipline of the mind and body.



Photo by Jon Marbaise

Summer Enrichment Programs

2-Week Summer Intensive

June 4-15, 2018

Ages 8 & older

Junior, Intermediate &
Advanced Levels

Summer Dance Class

Beauty and the Beast

June 18-21, 2018

Ages 3-8

Summer

Dance Session 1

June 18-July 6

Ages 3 & older

Summer Dance Camp

Aladdin's Lamp

July 30-August 2, 2018

Ages 3-8

DIRECTOR:
Rebecca Miller Stalcup



Breckenridge Village Shopping Center
10301 North Rodney Parham Road
Building B-8 | Little Rock, AR | 501-227-5320
ArkansasAcademyofDance.com



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Online registration is available
through midnight 4/6/2018.
Price will increase on race day.

★ General

Kanakuk (See ad on page 31)

1353 Lake Shore Drive, Branson, Missouri
(417) 266-3000 | GoKanakuk.com | Reg@Kanakuk.com
Dates: June 2-Aug. 10
Ages: Ages 6-18
Cost: Varies
Kanakuk Christian camps provide children with age-appropriate, fun, safe and professional outdoor camping experiences that grow them spiritually, physically, emotionally and socially. Kids will enjoy participating in more than 70 activities, sports and themed parties.

Kanakuk KampOut! (See ad on page 31)

LRCA, 19010 Cantrell Road, Little Rock; PHUMC, 4823 Woodlawn Drive, Little Rock
(417) 266-3000 | GoKanakuk.com | Reg@Kanakuk.com
Dates: June 4-8 (Little Rock Christian Academy); July 30-Aug. 3 (Pulaski Heights United Methodist Church)
Ages: 5-12
Cost: \$250
KampOut! brings the fun of Kanakuk to your hometown. Staffers lead this high-energy day camp through guided sports, activity times, Bible study, worship and small-group time for children.

Martin Street Summer Program

201 W. Martin St., Jacksonville
982-0818 | CityofJacksonville.net | MJackson@CityofJacksonville.net
Dates: June 4-Aug. 3, Monday-Thursday 9 a.m.-6 p.m., Friday 9 a.m.-4:30 p.m., Saturday 11 a.m.-4 p.m.
Ages: 8-15
Cost: Free
Young people are encouraged to participate in a variety of activities throughout the summer at the recreation center. Activities will include video games, billiards, air hockey, Foosball, basketball, swimming at Splash Zone, and much more. Tournaments and other special events will take place throughout the program. The Summer Meal Program is offered Monday-Friday.

Milton P. Crenshaw Aviation Training Academy (See ad on page 18)

501 N. 9th St., Little Rock
492-9019 | MosaicTemplarsCenter.com | Info@MPCATAYouth.org
Dates: June 18-29
Ages: Grades 7-12
Cost: Free
The academy gives young people the chance to pursue careers in aviation and aerospace. It is hosted by the Mosaic Templars Cultural Center.

Old State House Museum Summer Fun (See ad on page 18)

300 W. Markham St., Little Rock
324-8643 | OldStateHouse.com | Daniel.Cockrell@Arkansas.gov
Dates: July 16-20, 8 a.m.-noon
Ages: Grades 3-9
Cost: \$75
This workshop has hands-on activities and educational lessons. This year's program focuses on arts and antiques as found in the "Cabinet of Curiosities" exhibit. Register by July 6.

Pioneer Day Camp (See ad on page 18)

200 E. 3rd St., Little Rock
324-9351 | HistoricArkansas.org | Joleen.Linson@Arkansas.gov
Dates: June 11-15 (grades 3-4), June 18-22 (grades 5-6)
Ages: Rising grades 3-6
Cost: \$85, \$65 (members)
This year's theme is food and each day will have an activity related to the theme. Campers will also practice pioneer dancing. Parents can register online.



Summer at the Academy (See ad on page 16)

12701 Hinson Road, Little Rock
604-1907 | PulaskiAcademy.org | Donna.Horton@PulaskiAcademy.org
Dates: June 4-July 20
Ages: Grades pre-K-8
Cost: \$38/day, \$190/week
Pulaski Academy offers day camps and weekly special classes in many areas including academics, special interest, sports, fine arts, culinary and STEM. The full Summer at the Academy catalog is available online.

Sonshine Academy

2415 Donaghey Ave., Conway
327-7742 | SonshineAcademy.com | Info@SonshineAcademy.com
Dates: May 29-Aug. 13
Ages: Grades K-5
Cost: TBA
Sonshine's day camp has a variety of activities, games, crafts and field trips. This program is great for families with multiple kids as activities for different ages happen at the same time.

Therapeutic Recreation Summer Day Camp

Little Rock Parks and Recreation, Little Rock
570-1131 | LittleRock.gov/ParksRecreation/TherapeuticRec | WDickey@LittleRock.gov
Dates: June 4-July 13, 8 a.m.-3:30 p.m.
Ages: 8-18
Cost: \$75
This camp is a therapeutic-based program that has fun recreational activities for people with special needs to promote the development of motor skills, social skills, independence and related areas.

🏌️ Golf

Arkansas Golf Center

5150 John W. Allison Road, Conway
327-0171 | ArkansasGolfCenter.com | Staff@ArkansasGolfCenter.com
Dates: June 11-14, July 23-26, 9 a.m.-noon
Ages: 6-14
Cost: \$150
Arkansas Golf Center staff will help junior golfers have fun, learn golf fundamentals and make friends.

Golf Camp

3 Country Club Circle, Maumelle
425-1067 | Blizz9599@ATT.net
Dates: June 11-14, July 16-19
Ages: 7-14
Cost: \$85
Kids and teens can learn the fundamentals of golfing during these two camps. Contact Ann Baker for more details.

🤸 Gymnastics

Anytime Summertime Kids' Camp

1121 S. Bowman Road, Little Rock
225-5437 | TLGLR.com | TLGLittleRockAR@TheLittleGym.com
Dates: June 11-Aug. 9
Ages: 3-12
Cost: \$35 per day
This camp's specially developed curriculum combines physical fitness and play with arts, crafts and special events.

Sports and Educational Summer Camp (See ad on page 30)

5310 S. Shackelford Road, Little Rock
407-8000 | River-City-Gymnastics.com | CoachGrady75@Gmail.com
Dates: Call for more information.
Ages: Grades K-5
Cost: Call for pricing information.
River City Gymnastics Camp is packed full of exciting activities including weekly field trips, arts and crafts, physical fitness and games that keep your child's health and fitness in mind. Registration is open March 1-May 1.

MONDAYS - FRIDAYS
JUNE 4 - JULY 27
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**Each week offers
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Rising 1st-6th grades

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Excellent teacher-child ratios.

Led by well-educated adult teachers.

Assisted by fun teen mentors.

Camps meet 8:00am-3:00pm
at Unity Martial Arts,
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Registration info online at
www.unitymartialarts.com
501.664.0604

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A Mount St. Mary Academy day camp experience!

Summer
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AT THE MOUNT



June 4 - July 20

Girls and boys entering grades 2-8
mtstmary.edu/summer-camps

Mount St. Mary Academy | 3224 Kavanaugh Blvd. Little Rock, AR | 501.664.8006



Horseback Riding

Holtzman Riding Academy

4618 Highway 5 South, Benton
860-23781 GiddyUpJudy@yahoo.com
Dates: June and July

Ages: 6-12

Cost: Varies by age group; \$325-\$375

Students work on instruction, health, care and ground work with their horses. Activities include obstacles, games on horseback and more. Sessions can be one week or three days for young students.

Midland Farm Summer Camp

3406 Midland Road, Alexander
590-0784 | MidlandFarmArkansas.com
mpgods@SBCGlobal.net

Dates: TBA

Ages: 6 & up

Cost: \$300/session

This camp includes lessons in riding and grooming, as well as games and free time. Every camper will also learn what it takes to care for a horse. Before and after care are available.



Lacrosse

Little Rock Lacrosse Summer Youth Camps

LittleRockLacrosse.com | LittleRockLacrosse@gmail.com
Dates: Please check the website for camp information.

Ages: Grades 4-11

Cost: TBD

These camps have skill development and play for male and female athletes of all ability levels.



Martial Arts

Unity Martial Arts Summer Camp (See ad on page 25)

2400 Cantrell Road, Suite 104, Little Rock
664-0604 | UnityMartialArts.com | Tanner@UnityMartialArts.com

Dates: Monday-Friday, June 4-July 27

Ages: First grade & up

Cost: \$145-\$195

Campers choose from free-play, adventure games, karate, arts and crafts and story gaming. Stay active and creative all summer long.



Music

Summer Strings Camp-Sturgis Music Academy (See ad on page 7)

Pulaski Heights United Methodist Church, 4823
Woodlawn Drive, Little Rock
666-1761 | ArkansasSymphony.org
Dates: June 26-30, 1:30-5 p.m.

Ages: Grades K-12

Cost: \$160; \$135 early registration by June 3.

This is a comprehensive program for violin, viola, cello and double bass players. Students must have at least one year of prior study; work includes chamber music ensembles, music theory and listening classes and sectionals, concluding the week with a public performance.

Wildwood Academy of Music & the Arts

20919 Denny Road, Little Rock
821-7275 | WildwoodPark.org | WAMA@WildwoodPark.org
Dates: June 18-July 27

Ages: 6-18

Cost: \$250/week

WAMA is designed for students interested in music. It includes vocal and instrumental programs at beginner, intermediate and advanced levels.

Outdoors

Arkansas Audubon Society Halberg Ecology Camp

Camp Clearfork, U.S. Highway 270, Little Rock
663-938 01 ARBirds.org | BHaas@SBCGlobal.net
Dates: June 10-15; June 17-22

Ages: 11-12

Cost: Varies

Campers will learn about the state's flora and fauna, take early morning walks to identify birds and participate in classes and recreational activities including swimming, canoeing, volleyball and more.

Arkansas Outdoor School Summer Day Camp (See ad on page 22)

1 Four-H Way, Little Rock
821-6884 | UAEX.edu | CBoocksnick@UAEX.edu
Dates: June 11-Aug. 3

Ages: 7-15

Cost: Varies

The Arkansas Outdoor School Summer Day Camp has a variety of one-week, themed camps that let children have fun while learning. Camp activities are designed to emphasize teamwork, communication and life skills development.

Camp Aldersgate

2000 Aldersgate Road, Little Rock
225-1444 | CampAldersgate.net | AMiller@CampAldersgate.net

Dates: TBA

Ages: Varies

Cost: TBA

Aldersgate's camps provide a traditional residential camp experience for children challenged by medical conditions or disabilities. The program is designed to increase campers' self-esteem by creating opportunities for them to meet personal challenges.

Camp Mitchell (See ad on page 29)

10 Camp Mitchell Road, Morrilton
727-5451 | CampMitchell.org | ProgramDirector@CampMitchell.org

Dates: June 4-Aug. 2

Ages: Grades 6-12

Cost: \$425

Each year this camp has a theme and leaders incorporate that theme into Christian-focused programming. Along with this intentional faith-based component, children are offered multiple opportunities to play, explore, and create.

Camp Ozark

155 Camp Ozark Drive, Mount Ida
(870) 867-4131 | CampOzark.com | CampOzark@CampOzark.com

Dates: June 3-Aug. 11

Ages: 7-17

Cost: \$1,845-\$5,040

At this Christian camp kids participate in more than 150 activities, including riding horses, making crafts, playing tennis, fishing, taking on the ropes course, shooting hoops and more.

Camp Solgohachia Base Camps

4 Ozark Mountain Road, Solgohachia
354-3959 | OzarkConference.org; campsolgohachia.com | Support@OzarkConference.org

Dates: July 3-7, 17-21

Ages: Grades 9-12

Cost: \$275

Base Camp focuses on worship and exploring what it means to live as a disciple of Jesus. Campers will travel for an afternoon adventure, put together activities on the mountaintop and enjoy free time.

Camp Solgohachia in the City

100 City Park Drive, Solgohachia
354-3959 | OzarkConference.org; campsolgohachia.com | Support@OzarkConference.org

Dates: July 23-26

Ages: Grades 3-8

Cost: Free

Camp Solgohachia packs up everything and heads to the Morrilton City Park for a free week of camp.

St. James Vacation Bible School!

July 16-19 9:00a-12p

Registration for pre-K-5th Grade now open!



\$10 per child; Scholarships available!
321 Pleasant Valley Dr. / 501-217-6700 / stjameslr.org



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JULY 10-12

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2-½ day program helps rising seniors complete college and scholarship applications (including edited essays), write and polish resumes, confer with college reps, prepare for interviews and much more!



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www.littlerockchristian.com/summer

OR CONTACT CARLA KENYON
carla.m.kenyon@gmail.com | 817.269.7730



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FOR MORE INFO**

**mid
america
science museum**
Donald W. Reynolds Center

Outdoors

Camp Winnamocka

68 Fort Jackson Road, Arkadelphia
(870) 246-4599 | Winnamocka.com | Camp@Winnamocka.com
Dates: June 3-Aug. 4
Ages: 7-15
Cost: \$1,150
This camp gives kids a taste of some Tom Sawyer-Huck Finn fun with treasure hunts, ropes courses, dances, campfires and more.

Ferncliff Overnight Camps

1720 Ferncliff Road, Little Rock
821-3063 | Ferncliff.org | Programs@Ferncliff.org
Dates: June 3-Aug. 3
Ages: Grades 1-12
Cost: Starts at \$440/week for most camps
Kids can have fun and grow their faith at any of about 20 themed overnight camps running throughout the summer.

Ferncliff Summer Day Camp

1720 Ferncliff Road, Little Rock
821-3063 | Ferncliff.org | Programs@Ferncliff.org
Dates: June 4-Aug. 3
Ages: Grades 1-8
Cost: Starts at \$215/week
Day campers enjoy exciting activities while they play outside, make friends and explore their faith. All meals are provided, and options for drop-off, pick-up and transportation are available.

Junior Camp-Arkansas 4-H Camps (See ad on page 22)

C.A. Vines Arkansas 4-H Center, Little Rock
821-6884 | UAEX.edu | CBocksnick@UAEX.edu
Dates: June 25-27, July 9-11
Ages: 9-12
Cost: \$185
Join 4-H members from around the state for this three-day camp where this year's theme is Mardi Gras.

Junior Naturalist Spring Break Camp

20919 Denny Road, Little Rock
821-7275 | WildwoodPark.org | Education@WildwoodPark.org
Dates: March 19-23
Ages: 7-12
Cost: \$45 (daily) or \$180 (weekly)
Campers will enjoy a week of fun hiking Wildwood's winding trails and play outdoor games. There is engaging hands-on instruction on lake ecology, native reptiles and insects and how to stay safe in the woods.

Junior Park Rangers

500 W. Markham St., Little Rock
371-4770 | LittleRock.gov/For-Residents/Parks-and-Recreation/
Volunteer-Park-Rangers-Junior-Park-Rangers/ | KSykes@
LittleRock.gov
Dates: June 4-8
Ages: 9-12
Cost: Free
The free day camp connects kids to nature via Little Rock's park system. Kids will spend a week visiting 10 different parks or facilities and discuss the flora, fauna, history and conservation issues and pick-up litter and play.

Lake Nixon Summer Day Camp

18500 Cooper Orbit Road, Little Rock
228-0202 | LakeNixon.com | JSpann@2BCLR.com
Dates: June 4-Aug. 3, 7:30 a.m.-5:30 p.m.
Ages: Grades 1-8
Cost: \$150/week (elementary); \$175/week (middle school)
Campers participate in Bible study, crafts, music, recreation, swimming, fishing, hiking, paddle boats and more.
Transportation is provided at no charge from Little Rock locations. Register by May 1.

Nature Explorer Day Camp

11901 Pinnacle Valley Road, Little Rock
(800) 872-1259 | Arkansas.com; ArkansasStateParks.com |
PinnacleMountain@Arkansas.com
Dates: June 11-14, 9 a.m.-3 p.m.
Ages: 7-10
Cost: \$100
Pack a lunch and water bottle for four days of hiking, visiting with live animals, nature programs and more.

Photography

Media Camp (See ad on page 26)

3224 Kavanaugh Blvd., Little Rock
664-8006 | MtStMary.edu | SummerCamp@MtStMary.edu
Dates: June 18-22, 9 a.m.-noon
Ages: Grades 5-8
Cost: \$125
Media Camp is a fun program that introduces kids to the process of video production using a combination of lectures and hands-on activities. Students will learn script writing, storyboarding, camera use, directing and video editing.

Science

Camp Invention-Magness Creek Elementary School

16150 Arkansas Highway 5, North Canton
(800) 968-4332 | CampInvention.org | CampInvention@Invent.org
Dates: June 18-22, 9 a.m.-3:30 p.m.
Ages: Grades K-6
Cost: \$225
Camp Invention is an adventure in creativity that immerses children in exciting, hands-on learning disguised as fun activities. Choose from "Robotic Pet Vet," "Mod My Mini Mansion," "Optibot" and "Stick to It."

Harding University Pharmacy Camp

915 E. Market Ave., Searcy
279-4000 | Harding.edu/Academics/Colleges-Departments/
Pharmacy/Pharmacy-Camp | Pharmacy@Harding.edu
Dates: June 17-22
Ages: Grades 11-12
Cost: \$350
Students interested in pharmacy can explore the profession through field trips, pharmaceutical laboratory experiences, games and recreational activities, shadowing and introduction to pharmacy curriculum.

Mid-America Science Museum Summer Camps (See ad on this page)

500 Mid America Blvd., Hot Springs
767-3461 | MidAmericaMuseum.org | AudreyP@
MidAmericaMuseum.org
Dates: June 25-Aug. 3
Ages: 6-12
Cost: \$200-225
Mid-America offers six weekly camps – from STEAM Days to Epic Engineering — all presenting an exciting opportunity for children to learn about science in a safe, hands-on environment with trained educators.

Museum of Discovery Summer Camps (See ad on page 18)

500 President Clinton Ave., Suite 150, Little Rock
396-7050 | MuseumofDiscovery.org | BNelsen@
MuseumofDiscovery.org
Dates: Varies
Ages: 4-13
Cost: \$275-\$300; Wiggle Worm Wednesday: \$40-\$50
Students can explore the worlds of Minecraft, learn to become a Lego master builder, explore outer space, have more down to earth activities exploring the natural world or try Science Sampler Week for variety. Wiggle Worm Wednesdays introduce kids ages 4-6 to the camp experience.

STEMulate Engineering Academy

Mashburn Hall 107 B, 201 Donaghey Ave., Conway
450-3128 | UCA.edu/Teaching/BearsWrite/ | DDailey@UCA.edu
Dates: June 11-14
Ages: Grades 3-5
Cost: \$100
Students act as real-world engineers as they dig into problems and design solutions. They will showcase their discoveries at the end of the camp on STEM night.

UAMS Pharmacy Camp

4301 W. Markham St., #522, Little Rock
686-6282 | PharmCollege.UAMS.edu | ABHolladay@UAMS.
edu
Dates: Mid-June
Ages: Rising seniors and rising college freshmen
Cost: \$450
The pharmacy camp incorporates hands-on training in pharmacy practice skills, lectures and field trips to actual pharmacy practice locations. The program reviews pharmacy education opportunities and recommended high school and collegiate pre-pharmacy coursework. Applications are due March 17.



Soccer

Boys Junior Academy Summer Residential Camp - UCA Soccer Academy

600 S. Donaghey Ave., Conway
450-3150 | UCASports.com | RDuncan@UCA.edu
Dates: July 15-18
Ages: 10-14
Cost: \$400-\$450

The Boys Junior Academy is designed for the serious player interested in playing at the college level. The sessions are intense and physically demanding designed to emphasize the individual player development.

Boys Senior Academy Summer Residential Camp - UCA Soccer Academy

600 S. Donaghey Ave., Conway
450-3150 | UCASports.com | RDuncan@UCA.edu
Dates: July 15-18
Ages: 15-19
Cost: \$475; \$425 (commuter)

The Boys Senior Academy will feature a more intense and physically demanding days of instruction for the player looking to be evaluated and trained like a college soccer player. Sign up by April 1 for a \$50 discount.

Summer Day Camp - UCA Soccer Academy

600 S. Donaghey Ave., Conway
450-3150 | UCASports.com | RDuncan@UCA.edu
Dates: June 4-7, 9-11 a.m.
Ages: 4-9
Cost: \$75

These day camps introduce players to basic soccer techniques through a "games and activities" approach to learning while having fun.

Summer Elite Camp - UCA Soccer Academy

600 S. Donaghey Ave., Conway
450-3150 | UCASports.com | RDuncan@UCA.edu
Dates: July 20-22
Ages: 15-19
Cost: \$300

The Summer Elite Camp has an accelerated and intense soccer environment for the experienced field player or goalkeeper. The curriculum emphasizes technique, tactics and small-sided play along with competitive matches.



Softball

Pitcher Camp-Harding Softball

Harding University Softball Field, Burks Boulevard and Bison Lane, Searcy
279-4000 | HardingSoftballCamps.com | Sports@Harding.edu
Dates: July 10
Ages: Girls grades 8-12
Cost: \$105

This camp focuses on pitching, including pitching philosophy, mechanics, velocity, spins, changing speeds and fielding the position.

Summer Elite Overnight Camp-Harding Softball

Harding University Softball Field, Burks Boulevard and Bison Lane, Searcy
279-4000 | HardingSoftballCamps.com | Sports@Harding.edu
Dates: June 18-20
Ages: Girls grades 8-12
Cost: \$325, \$250 (commuter)

This camp will focus on both individual and team skill development for competitive players. Campers will receive skill instruction in all defensive position groups and in offensive skills.

Summer Youth Fundamentals Camp-Harding Softball

Harding University Softball Field, Burks Boulevard and Bison Lane, Searcy
279-4000 | HardingSoftballCamps.com | Sports@Harding.edu
Dates: May 29-June 1
Ages: Grades K-7
Cost: \$100

Players focus on fundamentals and skill development in throwing, fielding, hitting, base running, pitching and catching.

T TAURI MOVIE CAMP

JULY 16-28

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SCRIPT TO SCREEN



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CAMP MITCHELL
www.campmitchell.org

Technology

STEM Camp-Arkansas 4-H Camps (See ad on page 22)

C.A. Vines Arkansas 4-H Center, Little Rock
821-6884 | UAX.edu/4H-Youth/Activities-Programs/
CBocksnick@UAX.edu
Dates: July 8-11
Ages: 9-14
Cost: \$280
Calling all techie kids for this fun three-day camp. Space is limited; register by June 1.

Summer Camps at the Innovation Hub

201 E. Broadway, North Little Rock
907-6570 | ARHub.org | EStanger@ARHub.org
Dates: June 11-Aug. 3
Ages: 8-17

Cost: \$150/week

These camps are for students who love to learn, create and have fun. Each session has a different theme: video game design, 3D printing and laser cutting, ceramics, screen printing or printmaking.

Technology Tinker Camps (See ad on page 26)

3224 Kavanaugh Blvd., Little Rock
664-8006 | MtStMary.edu | SummerCamp@MtStMary.edu
Dates: July 9-13, 1-4 p.m.
Ages: Grades 5-8
Cost: \$150
Students will focus on all things technological while tinkering with electronics, learning how computers work, and building some fun creations. Each student will get a microcontroller kit from camp.

Tennis

USTA Junior Team Tennis

2024 Arkansas Valley Drive, Suite 302, Little Rock
227-7611 | ArkTennis.com | Kord@ArkTennis.com
Dates: April-June
Ages: Ages 5-18
Cost: \$20-\$40

Kids compete on teams of designated age and skill level. The emphasis is on skill development, teamwork and friendly competition.

Theater

Drama Day Camp (See ad on page 26)

3224 Kavanaugh Blvd., Little Rock
664-8006 | MtStMary.edu | SummerCamp@MtStMary.edu
Dates: June 18-22, 25-29, 9 a.m.-noon (grades 2-4); 1-4 p.m. (grades 5-8)
Ages: Grades 2-8
Cost: \$125
Use creative dramatics to explore acting, stage movement, theater makeup and more. Tuition includes all classwork and supplies, a daily snack and a T-shirt.

Summer Theatre Academy (See ad on page 21)

501 E. 9th St., Little Rock
372-4000 | ArkansasArtsCenter.org/STA | Info@ArkansasArtsCenter.org
Dates: June 18-July 6, July 16-Aug. 3
Ages: 10-18
Cost: \$575
Summer Theatre Academy is a three-week, audition-only theater training program taught by skilled professionals. Auditions held March 11, April 8 and May 6 at 5 p.m.

Vacation Bible School

Park Hill Baptist Vacation Bible School

201 E. C Ave., North Little Rock
753-3413 | ParkHillBaptist.org/VBS | JHarris@ParkHillBaptist.org
Dates: July 9-13, 8:30 a.m.-noon
Ages: Rising grades K-7
Cost: Free

Grab your pom-poms, lace up your cleats, and tune up your horn. At Game On! Vacation Bible School your kids will learn that God has given us everything we need for the big game.

Shipwrecked, Rescued By Jesus VBS Camp (See ad on page 27)

St. James United Methodist Church, 321 Pleasant Valley Drive, Little Rock
217-6700 | StJamesLR.org
Dates: July 16-19, 9 a.m.-noon
Ages: Grades pre-K-5
Cost: \$10 per child, scholarships available

Volleyball

Volleyball Kid Camp at Mount St. Mary Academy (See ad on page 26)

3224 Kavanaugh Blvd., Little Rock
664-8006 | MtStMary.edu | SummerCamp@MtStMary.edu
Dates: June 4-6, 9-11 a.m. (grades 4-6); 1-3 p.m. (grades 7-9)
Ages: Girls grades 4-9
Cost: \$65
Volleyball day camp provides instruction to develop individual basic fundamental volleyball skills.

River City's Sports & Educational Summer camp.

Join us for Eleven weeks of

- Pirate Ship
- Tumble Track
- Group Games
- Gymnastics
- Arts & crafts
- Physical Fitness
- Field Trips
- And much more!

RIVER CITY GYMNASTICS

Please Call today for schedule and pricing information. | 501.407.8000 | 5310 S. Shackelford, Little Rock | river-city-gymnastics.com

Camp is AWE SOME.

Summer resident camp is open to ALL girls entering 1st-12th grade, including those who aren't yet involved in Girl Scouts!

www.girlscoutsdiamonds.org/camp
800-632-6894

A photograph of two young boys kayaking on a blue lake. They are both wearing red life jackets and black gear. The boy on the left is smiling and holding a black paddle. The boy on the right is also smiling and holding a black paddle. The background is a dense green forest.

BEST. SUMMER. EVER.

With 1, 2, and 4-Week experiences available, Kanakuk's premier summer camp experience is full of fun, faith, and friends that builds your child's confidence, character, and faith. This summer, give your child the life-changing adventure of Kanakuk.

Terms are filling now - Enroll Today!

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familycalendar

March

Lego Junior Makers at Adolphine Fletcher Terry Library

EVERY TUESDAY AT 4 P.M.

Join in at this Lego club with free play building for kids of all ages. There are Duplo Legos and Mega Bloks for the little ones so the whole family can participate. While you're at the library, grab a few books and check out a DVD for a cozy family movie night at home. Lego Junior Makers is free to attend. Call (501) 228-0129 for more info.



Lanterns! Festival at Wildwood Park for the Arts

MARCH 2 & 3, 6-10 P.M.
AND MARCH 4, 6-9 P.M.

Wildwood's 10th annual festival celebrates the first full moon of the Lunar New Year. Held over three magical evenings, guests are transported to far away lands and times as they stroll through beautifully lit pathways. Cultural vistas feature live entertainment, food, drink, games and more. Tickets are \$10 for adults and \$5 for kids ages 6-12 when purchased in advance and an additional \$2 apiece when purchased at the gate. Kids 5 and under get in for free. Visit www.WildwoodPark.org/events/lanterns-2018 for more information.

Twilight Hayride at Pinnacle Mountain State Park

MARCH 4 FROM 5:30-7:30 P.M.

Take a hayride through fields and woods, featuring unique views of Pinnacle Mountain not available anywhere else in the park. Weather permitting, guests may get to enjoy a cozy campfire with some tasty treats at the end of the route. Advance payment (\$15 for adults and \$8 for children ages 6-12) and registration are required. Meet at Pinnacle Valley Road, 1/4 mile east of Highway 300. Call (501) 868-5806 for more information.

Duck Duck Goose Consignment Sale at the Arkansas State Fairgrounds

MARCH 8-10



This biannual consignments sale is a dream come true for thrifty moms! From junior size clothing to essential baby items, find hundreds of gently used and greatly discounted items to stock your kids' closets and playrooms. The sale goes from 8 a.m.-8 p.m. on Thursday and 8 a.m.-6 p.m. on Friday and Saturday. Saturday is a half price sale with family fun activities from 10 a.m.-1 p.m. Visit www.DuckDuckGooseSale.com for more information.

"Junie B. Jones is Not a Crook" at the Arkansas Arts Center Children's Theatre

MARCH 9-31

Junie B. Jones learns all about finders keepers, losers weepers in this comedy by Allison Gregory based on the book series by Barbara Park. (She even wonders if you can "finder keeper" a boyfriend!) The show takes the stage Fridays at 7 p.m. and Saturdays and Sundays at 2 p.m. with special spring break shows at 2 p.m. daily from March 20-23. Tickets are \$10 for members and \$12.50 for non-members. For more information and to purchase tickets, visit www.ArkansasArtsCenter.org/junie-b-jones.



Courtesy of Arkansas Arts Center

Princess Tea Party at The Castle on Stagecoach

MARCH 11 AT 12:30 & 3:30 P.M.

Enjoy a tea party with your favorite fairytale characters! Take a ride in a horse-drawn carriage from the parking lot to the castle. Each child will take a photo with either The Snow Queen, The Ice Princess or The Ice Cutting

Man and receive a tiara and wand before the three-course tea. A group of princesses will sing, dance and entertain all the guests while mingling at each of the tables. Tickets are \$60 for adults and \$50 for children. Visit www.CastleOnStagecoach.com for more details.



Courtesy of Fanciful Fairytale Parties

Winter Jam at Verizon Arena

MARCH 11 AT 6 P.M.

This approximately four-hour long show features 10 different artists and performers, including comedian John Crist, bands Building 429 and Skillet and more. Admission is \$15 (cash only) at the door and cannot be purchased in advance. Head to 2018.jamtour.com for more information.

Photos With the Easter Bunny at Park Plaza Mall

MARCH 17-31

The Easter Bunny will be hanging out at Park Plaza Mall from 10 a.m.-9 p.m. Monday through Saturday (with breaks from 1-2 p.m. and 5-6 p.m.) and noon-6 p.m. (with a break from 3-3:30 p.m.) on Sundays during the two weeks leading up to Easter! The cost of photo packages varies but meeting Mr. Bunny himself is free! Visit www.ParkPlazaMall.com for more information.

Sunset Canoe Float on Lake Maumelle

MARCH 20
FROM 6-9 P.M.

Take off from the Big Maumelle Boat Launch and experience the beauty of spring on this guided evening canoe float. If you have never canoed at night before, this is your chance! No prior paddling experience is required, but you should be comfortable around water. Wear clothes and shoes that can get wet and bring extra dry layers just in case. The cost is \$40 per canoe and advance payment and registration are required by calling (501) 868-5806.



Underwater Easter Egg Hunt at the Jacksonville Community Center

MARCH 26 FROM 6-8:30 P.M.

Dive into spring with the Jacksonville Boys & Girls Club to help raise money for programs and activities. Children ages 3-12 are invited to the Community Center pool to take the plunge for a chance to win toys, Splash Zone passes and more. For registration information, call (501) 982-4171. The cost to participate is \$5 per person.

Great Escape Weekend & Easter Egg Hunt at Petit Jean State Park

MARCH 30-APRIL 1

Celebrate spring and the great outdoors at Petit Jean State Park's annual Easter celebration! Enjoy free nature programs and family activities. The celebration concludes with an "Easter Egg Scramble" for children to search for about 2,000 Easter eggs. Contact the park at (501) 727-5441 for a complete schedule.

Easter Egg Hunt at Burns Park

MARCH 31
AT 9:45 A.M.

At the North Little Rock annual easter egg hunt, kids will hunt for thousands of eggs in groups according to age beginning at 9:45 a.m. Registration for the event starts at 9 a.m. Drawings will be held throughout the event for door prizes. There will be coloring areas, opportunities to take photos with the Easter Bunny and more! Call (501) 791-8543 for more information.



Easter Bunny Breakfast at McCain Mall

MARCH 17 AT 9 A.M.

Hop on over to the Center Court at the mall for a head start on Easter fun! Guests can enjoy breakfast, make crafts and take a photo with the Easter Bunny himself. The event is free, but make sure to call (501) 758-6317 ext. 223 to reserve your spot and ensure there is enough food. Check the McCain Mall website at www.Simon.com/Mall/McCain-Mall for a full schedule of the Easter Bunny's photo availability from the 17th through Easter.

SATURDAY, MARCH 24 • 9 A.M. - 6 P.M.



A Day of Flowers, Food and Fun!

9 A.M.

Grand ReOpening of the Garden of the Pine Wind
Join a walking tour with designer John Powell (Included with admission; call to reserve ahead — very limited spots).

9:30 A.M.
to 1 P.M.

Children's Activity Booths
Face painting, rock decorating, wand making, origami, and paper flowers/wishes. Activities included with admission.

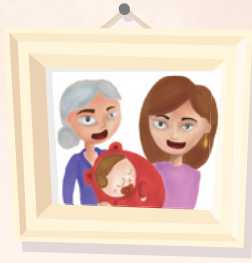
11 A.M.

Beer Garden Opens
Party at the Pavilion! Bubba Brews Brewing Company and Buffalo Brewing Company will be selling a custom spring draft along with their own varieties.



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The Generation Gap

Keeping Up To Date on Safety Standards and Maintaining a Healthy Relationship With Grandparents

BY APRIL FATULA

We like to believe mother knows best. After all, a mother's intuition is that sixth sense that alerts her to what her child needs and when.

But when a woman becomes a mother for the first time, she may not automatically feel that instinct.

While some new mothers may feel completely overwhelmed and defer to their mothers (or mothers-in-law) for all answers, others may be unconvinced that their own mothers are the best source of information, as child-rearing guidelines seem to change daily.

There have been major changes in recent decades regarding such issues as sleeping and car seat safety – to name a few.

Tracy Goodwin, a labor and delivery nurse for Saline Memorial Hospital in Benton, explains that even as they sift through an onslaught of information themselves, new mothers may need to be prepared to share some of that guidance with their own mothers – particularly if they also will be serving as caregivers.

Saline Memorial, like many hospitals, places a strong emphasis on sleep safety. The hospital is part of a program called the Safer Way to Sleep, which replaces the traditional blankets in the well-baby nursery and NICU with a free supply of wearable blankets that swaddle to model a safer alternative for parents.

"In spite of what grandma may say, babies don't need extra blankets, stuffed animals or pillows in the crib – these can interfere with baby's breathing," Goodwin said. "A footed sleeper and a swaddle sleep sack or swaddle blanket is all they need. Research also has shown that putting babies down to sleep on their backs is safer."

The tension between what the American Academy of Pediatrics recommends and what parents (and,

perhaps grandmother) feel works for their family isn't new. Goodwin says that experts advised parents to put babies to sleep on their stomachs for decades until multiple studies revealed that it doubled the risk of SIDS. Since 1994, when pediatricians began recommending babies sleep on their backs, SIDS rates have halved, but some questioned the reversal of advice at the time.

The mother-turned-grandmother also may encourage her daughter to let the hospital staff care for her newborn in the nursery so that she can be well rested before going home. Decades ago, hospital nurseries were the norm – the place newborns went immediately for the duration of the hospital stay, only to be brought to their moms for feedings.

Today, Goodwin says many labor and delivery departments now promote a crib in the room with mom and skin-to-skin contact.

"This means the full-term, healthy baby is placed belly-down, directly on the mother's chest, right after birth, for at least an hour," Goodwin says. "Benefits include establishing a bond right away between mother and child, helping baby stay warm and providing comfort and making breast-feeding easier."

In a state like Arkansas, which has a low rate of breast-feeding, Goodwin points to these examples of an effort to increase this figure by offering support to new mothers, many of whom may not receive the encouragement from their mothers.

While Grandma probably won't argue with the regulation infant car seat, she may push for making the move to forward facing by age 1.

However, the American Academy of Pediatrics has made several major updates to its guidelines on usage and safety over the last two





“I do think that one healthy boundary is that the grandparents shouldn't be able to override the parents on managing behavior unless the parenting behavior is clearly harmful to the child.” - Dr. Susan Sobel

decades, the latest of which is that all infants and toddlers should ride in a rear-facing seat until they are at least 2 years old or, preferably, until they reach the maximum weight or height allowed by the car seat manufacturer.

Dr. Susan Sobel, director of the Counseling Center at the University of Central Arkansas, offers tips for setting boundaries with this new relationship. Naturally, one size does not fit all.

“I do think that one healthy boundary is that the grandparents shouldn't be able to override the parents on managing behavior unless the parenting behavior is clearly harmful to the child,” Sobel said. “Many grandparents will have their opinions – which can be very valuable; they've done this already! Some are more forceful about making them known. Some parents are fine with the grandparents having equal authority and input, and depending on the family set

up – for example, if all three generations live in the same home – this is actually more effective.”

As long as what they are saying or doing is not harmful, Sobel recommends hearing the grandparents out. It's important to thank them for their input, but at the same time be firm in your decision.

Emphasizing that choosing to do things differently than they did “does not necessarily mean you are being critical of how you were raised, simply that you believe your way will work for you and your child,” Sobel says.

And perhaps the best way for the new mother to achieve balance?

“Be open to admitting mistakes and asking for advice as well,” Sobel says.

Ideally, this new relationship eventually will allow mother and daughter to appreciate each other more fully. 🌈

Helping Kids Cope When an Ailing Grandparent Moves In

BY HEATHER LEE LEAP

A growing number of families with young children are caring for an aging relative. Whether it's temporary care following surgery, or longer-term care due to a debilitating condition, more and more families find the best option for caring for aging parents is to invite them into their home. How can families ease the transition and help young children adapt to the changes in their household?

Your kids probably fall into one of two categories: Children who have developed a relationship with

their grandparent and may be upset by the changes they see in the person they love, and those who, due to today's mobile society, may consider their grandparents near-strangers.

Either way, don't push the bonding. Avoid pressuring grandpa to join you on your walk or to play video games; ask but don't cajole. Likewise, don't force your child to interact with a grandparent. Require respectful and polite behavior, but they don't have to sit through reruns of "The Lawrence Welk Show" with them.

Continued on page 38



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CHI St. Vincent
Heart Institute

"Families need to let go of preconceived ideas of what the relationship between grandparents and grandchildren will be," said Shelly Edwards, Outreach and Program Director for the Alzheimer's Association of Oregon. She describes how roles can change, such as entrusting a teenager with "babysitting" grandma, rather than grandma babysitting the grandkids.



Discuss the grandparent's condition in terms your child can understand. Will aspects of the grandparent's condition upset your children? How can you explain in advance what to expect? Keep talking and responding to children's questions as they arise.

Educate yourself and continually reassess and adjust as needed. Edwards recommends that families learn all they can about a loved one's condition and care needs to determine whether they can provide adequate care without harming themselves physically or emotionally.

Work together to establish rules for use of communal space and needs for privacy. Depending on the grandparent's level of mobility, now might be the time to teach kids about knocking before entering.

Come up with a system for addressing conflicts or misunderstandings. Keep a notebook in which older children can write concerns, perhaps anonymously, to be reviewed later and to allow parents time to find solutions or answers to questions.

Create a family check-in time when kids can talk freely. This may mean out of earshot of the grandparent. Ask kids what is bothering them and be prepared to listen without judgment. Pose questions: Is anything bugging you? Are you worried about anything? What is working especially well? What do you think we could do differently? Life isn't fair, but is there anything going on that strikes you as particularly unfair right now, for yourself or for someone else?

Kids need to learn to be flexible and accommodating, but if grandma's presence brings all regular pursuits to a halt, kids will become resentful. If it becomes necessary to reduce the number of activities your kids are involved in, avoid using the grandparent as the primary excuse.

Compassion grows in children who feel loved, secure and nurtured by others. As caregiver to your own parent, you're setting an admirable example for your children, but don't forget to take time to laugh and have fun with them. Take care of yourself and be sure your kids know they are safe and loved during this transition, however long it lasts.

.....
A sense of humor and knowing when to ask for help have allowed freelance writer Heather Lee Leap to survive 19 years of parenting which included 6 months of caring for her mother in her home. Find her at www.wellnessandwords.com.

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A man with glasses and a mustache is sitting at a desk, talking on a white telephone. He is wearing a blue shirt and a dark vest. On the desk next to him is a large electronic display showing the text of the conversation. The text on the display reads: "***** 5/15 1:45 PM *****", "Hello this is carol", "hi fred yes", "I just set a meeting date with the", "research team by the way I have", "a powerpoint draft but it is very", "straightfoward and boring do you", "know any graphic designer who ca", "make it more creative? Great", and "Press ▲ to Review the Conversation".

The logo for Arkansas Relay, featuring the word "ARKANSAS" in a stylized font above the word "RELAY".

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8 Simple Steps for Relieving Caregiver Stress

Caring for a parent while raising children can be incredibly stressful. While meeting everyone else's needs, be careful not to neglect yourself.



Take time, even 10 minutes a day, for yourself. Breathe slowly and allow yourself to relax.



Identify one pleasurable thing that you can do for yourself this week, something you want to do, not something you feel you should do.



Share your story to let those around you know what you are going through and ask for help.



Learn to say no, for now, to other responsibilities.



Spend one-on-one time with your spouse and with your children.



Join a support group.



Make time for exercise and eating right.



See your doctor. Caregivers often neglect their own health, skipping regular wellness exams and ignoring symptoms.



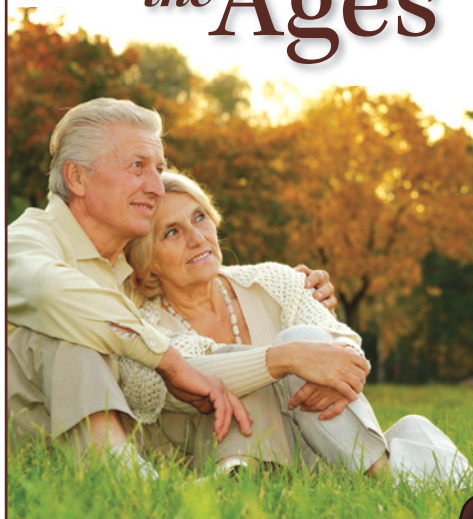
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Inner Sanctum

BY BETSY SINGLETON SNYDER

The first time I contemplated a haven to myself was probably upon hearing the fairytale of Hansel and Gretel. True, there is an evil witch in the woods by herself, but that's one heck of a she shed she's got, trimmed in cake, icing, cookies and candy. Just don't go knocking on her door.

There's something about playhouses and treehouses that make my heart sing. I never had either as a child, though I coveted both. The closest I ever came to having a quiet place of my own was my stepdad's shed at the back of our large lot. I could easily climb it and sit on the roof, our dogs looking up with adoration, me waving at them like a queen.

That long-ago experience began my love of private places and tiny dwellings, so much so that it is hard for me not to see an out building and imagine it decked out for the greater purpose of a woman's escape. I love my children, but most of us actually do require recharging our batteries with alone time, and time by one's self is hard to come by if you, like me, have four busy boys and a husband occupying the same house.

In the last year, I've begun to design my dream "she shed" in my head. I even purchased a coffee table book on the design and purpose of these escape hatches. Then, one day, I saw a she shed in the backyard of a friend. I heard that Leslie had built most of it, which was completely impressive, so I had to interview her. Anyone who can install a window sideways, against the advice of guys, must know something.

No matter what your choice, find a place that is your "inner sanctum," a sacred place to be you apart from parent life.

If you are considering designing and building a she shed of your own, Leslie advises getting clear about the purpose. Is it for reading, crafts, woodwork, painting, yoga? Hers is designed for stained-glass work.

It's also important to consider lighting. What will be the source? How much natural light will be utilized,



A she shed can be any sort of haven where a mom can spend alone time and pursue her own interests and passions.

windows, skylights, or will it be overhead lights or a sun tube? What electricity do you need and where?

How will you equip it for winter and summer? Will it need plumbing for water?

Decide your exterior style. Do you prefer craftsman, cottage, whimsy or modern?

Don't neglect storage. No matter what the purpose, no one wants a cluttered sacred space.

Don't obsess on perfection. It's a place solely for you, not to be judged, critiqued or held to an unreasonable HGTV standard.

If possible, help with construction at some level. Leslie told me that rehabbing much of the old building in her backyard allowed her a good measure of self satisfaction. As she continues to work on the inside of the building, she has come to appreciate her own determination and strength.

All parents need time away to recharge. A lot of guys enjoy man caves with assorted leather, a large screen and beverage unit. In fact, some women may want to create a woman cave with similar fittings, or maybe a craft room or a sewing space.

No matter what your choice, find a place that is your "inner sanctum," a sacred place to be you apart from parent life. We all need time to indulge in play. To be a kid again gives us a path to better see our children and their creativity and imagination. 🌈



ARTISTRY IN THE ROCK

MARCH 12-15

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of LRSD student talent in the
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Coffee Dates



Photo by Mauren Kennedy

Enjoying an icy treat at Mugs Café can be a perfect, simple date with your spouse.

BY ALEXIS CROWE

We're keeping this month's Date Night section quick and casual with a focus on local coffee shops.

When's the last time you went on a coffee date? No, rushing through the Starbucks drive-thru together in the minivan doesn't count. The beauty of coffee dates is their versatility. Two working parents can take a weekday coffee break or they can follow up a nice dinner date with a stop at a cozy coffee shop. If the kids are at Grandma's for the weekend, it's a perfect light brunch stop on a Saturday morning.

Here are a few shops to try for your next cup o' joe.

Nexus Coffee & Creative

Located in the heart of the River Market, Nexus opened less than a year ago in July 2017. Pieces from local artists adorn the walls and the space has a rustic and inviting look. In addition to all the coffee staples — from lattes to french press — they also serve smoothies, teas, beers and wines.

Nexus is also perfect if you're wanting more than just a drink — the food menu offers waffles, paninis, bruschetta, a cheese board and more. The shop also hosts local artists for live music nights and authors can share the spoken word at open mic literary nights. Visit NexusCoffeeAR.com for more details.

Mugs Café

Tucked away in the charming Argenta Arts District of downtown North Little Rock, Mugs offers full breakfast and lunch menus along with ice cream and milkshakes to accompany their wide range of coffee beverages.

A highlight of the week is the Saturday morning pancakes. Follow along on social media (www.Facebook.com/MugsCafeArgenta) for an announcement on the day's flavor. Past specials include cinnamon roll, eggnog and blueberry. Visit MugsCafe.org for all the info on this adorable shop.



Photo by Sarah Bingham

Community Bakery offers countless treats to accompany your coffee.

Community Bakery

Calling all sweet tooths! Community Bakery is known for its cakes, cookies, pastries and other sugary goodies. They also have a full menu of breakfast sandwiches, soups, salads and other entrees to accompany a delightful hot drink menu.

Outdoor seating is a refreshing option on a spring day at this bakery that has been around in some shape or form since 1947. The store, located off of Main Street downtown, also features local artists' work on its walls. Head to CommunityBakery.com for more information. 🌈



Photo by Jess Ardrey

Nexus is one of the newest coffee shops in the city.



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