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Houston Methodist Primary Care Group is pleased to welcome Johanan Hsu, M.D., board-certified family medicine physician, to the office located at 16605 Southwest Frwy., Suite 400, on the Houston Methodist Sugar Land Hospital campus. Hsu joins an experienced team of both internal and family medicine physicians, and will continue to provide the same high-quality health care that the Fort Bend community has come to expect.

Hsu graduated from Rice University and earned his medical degree from Texas A&M Health Science Center College of Medicine in College Station before completing his family medicine residency at Christus-Spohn Memorial Hospital in Corpus Christi, Texas. Hsu specializes in both preventive care and the treatment of acute illness in patients of all ages. He is an active member of the American Academy of Family Physicians and is fluent in Mandarin Chinese.

"I am very excited to be a part of Houston Methodist Primary Care Group and I am committed to helping

my patients live healthier lifestyles," said Hsu. "It is my goal to help them achieve that healthy lifestyle through preventive care and education."

In his spare time, Hsu enjoys hiking, star-gazing and playing instruments such as the violin, piano, guitar and the Chinese erhu and guqin. Although medicine is his first passion, music has also played an immense part in his life. He was invited to participate in the Texas Music Festival, which showcases the talents and skills of young professional musicians.

To schedule an appointment with Dr. Johanan Hsu, or another primary care physician with Houston Methodist Primary Care Group, visit [houstonmethodist.org/primarycare](http://houstonmethodist.org/primarycare) or call 713.395.MPCG (6724).

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## NOTE FROM THE EDITOR

I have been so saddened lately by the way I see people treating others. Whether it be on social media (which is the worst), on the school playground, at the office, or even amongst those you call friends, many have forgotten how to treat one another.

I remember being taught, "Do to others as you would have others do to you." (Luke 6:31) My son says, "But mom, he was mean to me. He said bad things about me." I remind my son that the Golden Rule does not say to treat others how they treat you, it is the other way around- treat them how you WANT to be treated. What a wonderful world this really would be if everyone applied the Golden Rule to their life, and taught it to their children.

Love starts at home, and this month we have many articles to help you show love- to yourself by taking care of your health, to your spouse by pampering them a little bit, and our kids by working on our communication skills.

This month also kicks off our annual Camp Directory. Make sure you check it out and start making plans. Spring Break is almost here and summer isn't far behind! February also marks Dental Health month. Keep those smiles shining by starting early with good habits.

Wishing love and peace for all of you this month and always.

*Kim*

Kim Carlisle, Editor

## COVER CUTIE

This adorable cover cutie is Paisley. She just celebrated her first birthday in January! Her favorite food is squash and her favorite television show is PJ Masks. She enjoys playing outside with her family and getting into everything she can reach.

Parents Zach & LaTasha are very proud of their Cutie Patootie!



### Cover Photo By:

Jennifer Stoehr  
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jenniferstoehrphotography.com

*JENNIFER STOEHR*  
PHOTOGRAPHY

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# SHOW YOURSELF A LITTLE LOVE: It's Heart Healthy!

by Christa Melnyk Hines

**A**s the chief director of your family's universe, you're the pulse-point of the home. But if that means you're struggling under the mantle of an unforgiving schedule, now is the time to re-evaluate. Your health depends on it. Just ask Nefertari Williams.

When nine-months pregnant with her fifth child, Williams suffered a life-threatening heart attack that forced her to reassess her chaotic lifestyle.

Like many moms, 34-year-old Williams's daily routine included getting her children ready for school before heading to her full-time job working with cognitively and physically disabled preschoolers.

After slogging through a 45-minute commute home from work, she quickly made dinner, helped her children with homework and then taxied them to dance, karate, swimming and singing practices.

"I made sure my children were not only involved in many activities—they had to be the best," says Williams, who was also a stage mom to her oldest daughter, a talented singer.

In addition, she sold cosmetics and her handmade jewelry. Squeezed into her schedule were visits to the nursing home to see her mother, who had suffered a massive stroke. Her husband, who worked nights, managed the family's laundry.

Williams blames her exhausting schedule for contributing to her heart attack, which was caused by a spontaneous coronary artery dissection (SCAD).

According to the American Heart Association, SCAD typically affects young women who are otherwise healthy. Thirty percent of the time, the

condition, which is a spontaneous tearing in the coronary artery wall, occurs among women who have recently had a child. SCAD does not have any warning signs, making it hard to diagnose prior to a heart attack.

Although doctors aren't sure why SCAD occurs, Williams says, "after reaching out to other SCAD survivors, we had one thing in common—hyperactive lifestyles."

## **Overcommitment health risks.**

"Wanting to please, wanting to be everything to everybody, women just keep extending themselves, until their minds and bodies cannot cope," says Rosalie Moscoe, RHN, RNCP, and author of *Frazzled Hurried Woman! Your Stress Relief Guide to Thriving*.

Besides heart disease, chronic stress can lengthen the recovery time from illness and fuel other long-term health problems, like obesity, irritable bowel syndrome, high blood pressure, insomnia, headaches, depression and even infertility.

A hectic lifestyle could also make conception more difficult, says Elle Griffin, a natural fertility expert and feminine vitality coach.

**Moderate exercise.** Exercise in moderation can help relieve stress, but Griffin warns that overtaxing an already stressed body with too much strenuous exercise can increase the stress hormone cortisol.

"High levels of circulating stress hormones can impair adrenal function, resulting in brain fog, lethargy and the dreaded 'pregnant belly' even if you are not with child," she says. "Some women even start losing their hair."

## **HOW CAN YOU BETTER MANAGE YOUR BUSY LIFESTYLE?**

**Prioritize.** Make a list of everything you do. Decide which items can be eliminated, pared down or delegated to others. Can you organize a carpool with another parent? Can you limit your kids' activities to one per season? Are there volunteer activities that you no longer find meaningful? Can your kids fold and put away laundry?

"Dissect one of your most stressful commitments," Moscoe says. "Your own thoughts and feelings about what is expected of you will determine how much stress you will feel. If you have elder care, get your teenage kids or other family members to visit your folks and do errands. It doesn't have to be you all of the time."

Williams, who is in congestive heart failure, says she now mostly manages her home and family from her bed.

"After nearly losing my life, I have learned what's important which is my love of my higher power and my family," she says. "My family is happy because I am here with them. They don't miss the hyperactive lifestyle at all."

**Pursue pleasure.** Integrate activities into your day that bring you personal joy.

"That doesn't mean you should go to yoga or pilates," Griffin says. "Whether it's eating cake for dinner or having drinks with girlfriends, doing things just for yourself can have a huge effect on your endocrine health and fertility."

Try out a new recipe, engage in a favorite craft, read a book or take a nap. Or plan to do nothing at all. Schedule "me time" in your calendar if necessary.

**Practice saying no.** Avoid adding any new commitments to your schedule. If an opening appears on the calendar, try not to fill the space by obliging someone else.

## **THINK YOU CAN AFFORD TO WAIT TO REIN IN YOUR HYPERACTIVE LIFESTYLE?**

"Sit down and look into your loved ones eyes. Then, picture them looking at you while laying in the critical care unit of a hospital," Williams says. "Because you love them, take care of you, so you can be here to watch them grow up."

### **FREE MEDITATION APPS**

- Meditation Timer Pro
- Take a Break!
- Omvana
- Relax Melodies

## **HEART ATTACK WARNING SIGNS:**

- Chest pain or pressure
- Pain or discomfort in one or both arms, back, neck, jaw or stomach
- Shortness of breath
- Profuse sweating
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\*Call 9-1-1 if you experience any of these symptoms.

Source: American Heart Association





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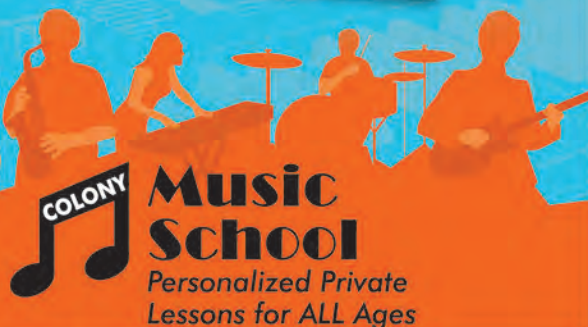
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# PAMPERING *your Spouse*

By Sarah Lyons

When you become a parent, it seems like life can become very busy, very quickly. Lack of sleep, work, school, activities, managing the household, and taking care of little ones often takes center stage in the home. Parents must become more intentional about spending quality time with each other. Show your spouse how much you love and appreciate them with a little extra pampering this Valentine's Day. Here are some ideas that are meaningful, but aren't impossible for a busy couple.

## GO TO THE SPA

What could make your spouse feel more pampered than a day at the spa? Offer to take care of the kids and send your partner off to the salon for a day of relaxing or get a babysitter and go as a couple. If a spa isn't your partner's thing, offer to take the kids while he or she spends the day doing a favorite pastime. Your spouse is sure to come home rejuvenated.

## LEAVE A NOTE

If you want to make your spouse feel special, leave them love notes. Simple and sweet notes like "Thinking of you", "I love you", or "Have a great day" will let them know you care. Have fun with it and try leaving notes in a coat pocket, in their coffee mug, in their car, or anywhere else you know it will surprise them.

## DINNER IN

When our children were young, a babysitter was not in the budget. My husband and I would put the kids to bed early once a week and either get take out or cook a special meal at home. No television, phones, or electronics; just conversation and quality time together. For busy parents, a quiet night in is a perfect way to unwind.

## SURPRISE

Let your spouse know you are thinking about them by sending a surprise to their workplace. Flowers are nice but also try cookies, balloons, a homemade treat, or even mail a card with a special note to their workplace. You could also take them to lunch if their schedule allows.

## DATE NIGHT

A date night is always a great way to connect with your spouse. Plan a night on the town doing things that you and your spouse enjoyed before you became parents. If hiring a babysitter isn't an option and family is unable to help, try swapping with another couple. Watch their children for them while they enjoy a date night one weekend and they can watch your children the next weekend while you and your spouse go out on the town.

## YOU PICK

If your marriage is anything like mine, we come to a compromise on what we would like for dinner, what movie to watch, or what activity we will do. Give your spouse the chance to pick what you will do the whole day. There can be no complaining about their choices, just focus on doing the activities your partner enjoys doing with you.

## DO THEIR "JOB"

In most relationships, responsibilities are divided up between the two people, whether intentional or not. As a way to pamper your significant other, do one of their "jobs" without them asking. For example, if your spouse always mows the lawn, do it for them. If your spouse usually does all the grocery shopping, offer to do it one evening. Another idea is to let them have the "day off" and do all of their normal responsibilities that day.

## PICK UP A FAVE

One of my favorite ways to let my husband know I am thinking about him is to just pick up a favorite of his while I am out. If I am at the gas station, I grab his favorite drink, gum, or candy. At the grocery store, I pick up his favorite ice cream or snack. I rent a movie he likes, cook his favorite meal, or buy him a shirt with his favorite sports team logo. It doesn't have to be an expensive gift, just something to let him know I was thinking of him while I was out.

The demands of parenting can leave little time for romantic dates with your spouse.

This doesn't mean that working on your marriage and making your spouse feel loved and appreciated isn't high priority. During the busy years of parenting, try these tips to show your spouse you care and keep your marriage going strong.



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## The Fun-Time Calendar

February 2017



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

### Feb 1 • Mommy Mingle Wednesday

• 10:00am-12:00pm • Bring your little ones to Tot\*Spot (our exclusive exhibit for children 35 months and under), and mingle with other mommies during Mommy Mingle Wednesdays. Daddies, nannies and caretakers are welcome, too! Plus, enjoy free coffee and snacks on us (while supplies last). • Children's Museum of Houston • cmhouston.org • 713-522-1138

### Feb 1 • Origami for Young Adults

• 3:00pm • Learn how to make whimsical shapes simply by folding and twisting paper. • Free • Cinco Ranch Branch Library • fortbend.lib.tx.us • 281-395-1311

### Feb 1 • After-School Break--Sweetheart Cards

• 4:15pm • Free • Sugar Land Branch Library • fortbend.lib.tx.us • 281-238-2140

### Feb 1 • After-School Break

• 4:30pm • Free • Cinco Ranch Branch Library • fortbend.lib.tx.us • 281-395-1311

### Feb 2 • Intro to 3D Printing for Young Adults

• 4:00pm • This introductory class will present step-by-step instructions on how to print 3D objects at the library. Participants must register.

• Free • Sienna Branch Library • fortbend.lib.tx.us • 281-238-2900

### Feb 2 • After-School Break--Make Your Own Musical Instrument

• 4:30pm • Free • First Colony Branch Library • fortbend.lib.tx.us • 281-238-2800

### Feb 3 • Mommy Mingle

• 10:00am • Come and enjoy free coffee and breakfast snacks on us (while supplies last) and meet other mommies from your part of town. Bring your little ones for awesome playtime in Tot\*Spot, our exclusive exhibit for children 35 months and under. Daddies, nannies and caretakers are welcome too! • Fort Bend Children's Discovery Center • childrensdiscoveryfb.org • 832-742-2800

### Feb 3 • Parent's Survival Night

• 6:30pm • \$30 Members, \$35 Non-members • The Little Gym of Sugar Land/Missouri City • tlgsugarlandtx.com • 281-277-5470

### Feb 3 • Girl's Night Out

• 7:00pm • Themes and activities will vary month to month but often include makeovers, dancing and all the fun girls come to expect from Sweet & Sassy. • \$25/girl or 2 for \$40 • Sweet & Sassy, Sugar

Land Town Square • sweetandsassy.com • 281-240-2060

### Feb 4 • Free Hands-On Workshop

• 9:00am • Valentines Photo Box: All kids get to keep their craft, receive a free certificate of achievement, a Workshop Apron, and a commemorative pin while supplies last. • Free • At Your Local Home Depot • homedepot.com

### Feb 4 • Family Story Time

• 10:15am • Free • Cinco Ranch Branch Library • fortbend.lib.tx.us • 281-395-1311

### Feb 4 • Disney Reads Day

• 11:00am • Join us as we read popular Disney stories and do fun activities to inspire kids' imaginations. • Free • Barnes & Noble, West Oaks Village • bn.com • 281-293-8699 • Barnes & Noble, First Colony Mall • bn.com • 281-313-8323

### Feb 4 • Sensory Friendly Screenings

• 11:00am • Brighter Lighting, Lower Sound, Shorter Previews and Accepting Environment. • Santikos Palladium AVX • santikos.com

### Feb 4 • The Creative Connection--Game Day

• 2:30pm • Free • University Branch Library • fortbend.lib.tx.us • 281-633-5100

### Feb 4 • Dad & Daughter Dance 2017: 50's Sock Hop

• 6:00pm • Dinner, dancing, confetti cannons and more make for an evening of fun! Tickets are on sale at the Missouri City Recreation & Tennis Center (2701 Cypress Point Drive) or by calling 281-403-8637. \$30 for father/daughter pair, \$20 for each additional daughter. • Community Center, 1522 Texas Parkway • missouricitytx.gov

### Feb 6 • Middle School Program--Valentine's Day Crafts

• 6:00pm • Free • George Memorial Library • fortbend.lib.tx.us • 281-342-4455

### Feb 7 • Young Adult Cookie-Bouquet Decorating

• 4:30pm • A Library staff member will demonstrate fun ways to create cookie bouquets, basic decorating methods, as well as tips and tricks to make cookie-decorating hassle-free. Reservations are encouraged. • Free • Albert George Branch Library • fortbend.lib.tx.us • 979-793-4270

Find even more family friendly events at FortBendParent.com



**Feb 7 • Middle School Program--Candy Experiments** • 6:30pm • Free • Sugar Land Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-238-2140

**Feb 8 • St. Thomas the Apostle Episcopal School Enrollment Open House** • 10:00am-12:00pm • St. Thomas the Apostle Episcopal School • [stesnb.org](http://stesnb.org) • 281-333-1340

**Feb 8 • Afternoon Story Time--Delightful Dinosaurs** • 4:00pm • Free • Sienna Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-238-2900

**Feb 8 • After-School Break--LEGO Day** • 4:00pm • Bring your building skills and create cool structures. • Free • University Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-633-5100

**Feb 8 • Tween Program--Duct-Tape Creations** • 4:15pm • Free • Sugar Land Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-238-2140

**Feb 8 • Kinder Korner** • 4:30pm • Free • Cinco Ranch Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-395-1311

**Feb 8 • The Creative Connection** • 6:00pm • Learn to draw noses & mouths in the Manga Style. • Free • George Memorial Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-342-4455

**Feb 9 - 12 • Sesame Street Live: Elmo Makes Music** • NRG Arena • [ticketmaster.com](http://ticketmaster.com)

**Feb 9 • Young Adult Valentine's Bash** • 4:00pm • Celebrate Valentine's Day at the library with photo-booth fun and refreshments with friends. Create Valentine's Day greeting cards. • Free • Sienna Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-238-2900

**Feb 9 • After-School Break--Musical Hearts** • 4:00pm • Free • Albert George Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 979-793-4270

**Feb 9 • After-School Break--Valentine's Day Crafts** • 4:30pm • Free • Missouri City Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-238-2100

**Feb 9 • After-School Break--Truffulamania** • 4:30pm • Free • Fulshear/Simonton Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-633-4675

**Feb 10 • Family Fun Night - Chili Cook-Off** • 6:00pm • Join us for an evening of fun featuring a bounce house, crafts, and chili tasting. The evening will have an open format; families can come and go at their own leisure. Snacks and drinks will be provided. Parent supervision is required throughout the evening. No registration required for this free, family fun event! • Rec & Tennis Center, 2701 Cypress Point Drive • [missouricitytx.gov](http://missouricitytx.gov) • 281-403-8637

**Feb 10 • "Daddy's Girl" Father Daughter Dance** • 7:00pm • 11th Annual Daddy's Girl Dance "Circus Soiree". The Pink carpet will be rolled out to welcome Dads and Daughters of All ages to experience a night of making memories. The Gala will come complete with an evening of games, dancing, refreshments, entertainment, door prizes and more! Professional photography optional. Early Bird \$35 Per Couple \$5 each additional daughter. Portion of proceeds benefit Fort Bend Nonprofits. • Marriott Sugar Land • [daddyslittlegirldance.com](http://daddyslittlegirldance.com) • 832-453-9223

**Feb 11 • AMC Sensory Friendly Films for Families Affected by Autism** • The Lego Batman Movie: Unique movie showings where we turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing! • AMC First Colony 24 • [amctheatres.com](http://amctheatres.com) • 281-277-5858

**Feb 11 • Saturday Spotlight: Chocolate: A Valentine' Essential** • 9:00am • Chocolate and Valentine' Day go hand-in-hand. Discover the various forms chocolate has taken over the years with this sensory exploration. • George Ranch Historical Park • [georgeranch.org](http://georgeranch.org) • 281-343-0218

**Feb 11 • Bibby Gumbo Book Club** • 10:00am • The club will offer a series of book readings, interactive games and craft sessions that will infuse literacy and laughter. • Free • Barnes & Noble, First Colony Mall • [bn.com](http://bn.com) • 281-313-8323

**Feb 11 • WinterFest** • 10:00am-5:00pm • Come Play in the SNOW! Hands-On Crafts, Games & Prizes, Bounce House, Face Painting, Garden Railroad, Museum Open House, Food & Drink available for purchase. • \$8 Children under 2: Free • Rosenberg Railroad Museum • [rosenbergrailroadmuseum.org](http://rosenbergrailroadmuseum.org) • 281-633-2846

**Feb 11 • Valentine's Day Story Time** • 11:00am • Free • Barnes & Noble, West Oaks Village • [bn.com](http://bn.com) • 281-293-8699 • Barnes & Noble, First Colony Mall • [bn.com](http://bn.com) • 281-313-8323

**Feb 11 • Houstonia's 4th Annual Gumbo Smackdown** • 12:00pm-4:00pm • The city's finest chef's compete for the title of Best Gumbo! Join Houstonia Magazine on the Plaza for a lip smackin' gumbo cook off like no other that will benefit Lunches of Love. Purchase tickets online. • Sugar Land Town Square • [sugarlandtownsquare.com](http://sugarlandtownsquare.com) • 713-313-7587

**Feb 11 • Valentine's Day Crafts** • 2:00pm • Free • Sugar Land Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-238-2140

**Feb 11 • The Creative Connection** • 2:30pm • 4th-8th Grades • Free • Cinco Ranch Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-395-1311

**Feb 12 • Fort Bend Christian Academy Open House** • 2:00pm • Fort Bend Christian Academy • [fortbendchristian.org](http://fortbendchristian.org) • 281-263-9105

**Feb 12 • Chinese Lunar New Year with Lantern Festival** • 2:00pm • Dancing lions, crafts station, games and more. • Free • George Memorial Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-342-4455

**Feb 13 • Minecraft Monday** • 4:30pm • Reservations required. • Free • Sugar Land Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-238-2140

**Feb 14 • After-School Break--Valentine Gumball** • 4:00pm • Free • Sienna Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-238-2900

**Feb 15 • After-School Break--Perfectly Presidential** • 4:15pm • Free • Sugar Land Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-238-2140

**Feb 15 • After-School Break** • 4:30pm • Free • Cinco Ranch Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-395-1311

**Feb 16 • Jazz it Up for Autism** • 11:00am • "Jazz It Up for Autism", a Mardi Gras themed event. The event is one of many ways we raise funds and awareness for our "ausome" kiddos. • Safari Texas Ranch • [hopeforthree.org](http://hopeforthree.org) • 281-245-0640

**Feb 16 • After-School Break--S.T.E.A.M. 'Kaleidoscopes'** • 4:00pm • Free • George Memorial Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-342-4455

**Feb 16 • After-School Break--Candy Experiments** • 4:30pm • Free • First Colony Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-238-2800

**Feb 17 - Mar 12 • Wedding Belles** • Fort Bend Theatre • [fortbendtheatre.com](http://fortbendtheatre.com) • 281-208-3333

**Feb 17 - 28 • Mardi Gras! Galveston** • 30+ concerts, 22 parades, 20 balcony parties, several elegant balls and more. Check the website for details and to purchase tickets. • Multiple Locations Galveston, TX • [mardigrasgalveston.com](http://mardigrasgalveston.com)

**Feb 17 - 19 • A Salute to Stevie Wonder** • Jones Hall • [houstonsymphony.org](http://houstonsymphony.org) • 713-224-7575

**Feb 17 • Early Childhood Open House at The Village School** • 9:00am • Come join us for the Early Childhood Open House • The Village School • [thevillageschool.com](http://thevillageschool.com) • 281-496-7900

**Feb 17 • Early-Release Movie** • 2:00pm • Free • Sienna Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-238-2900

**Feb 17 • Parent's Survival Night** • 6:30pm • \$30 Members, \$35 Non-members • The Little Gym of Sugar Land/Missouri City • [tlgsugarlandtx.com](http://tlgsugarlandtx.com) • 281-277-5470

**Feb 18 - 19 • Curious George Character Appearance** • Children's Museum of Houston • [cmhouston.org](http://cmhouston.org) • 713-522-1138

**Feb 18 • Mardi Gras Menagerie!** • Two start times: 10am & 11:30am. Also, enjoy pre- and post-concert activities, including our Instrument Petting Zoo, young musician performances in the Lobby as well as craft and musical activities. • Jones Hall • [houstonsymphony.org](http://houstonsymphony.org) • 713-224-7575

**Feb 18 • Saturday Spotlight: African-American Cowboys** • 9:00am • In honor of Black History Month, learn more about the rich legacy of African American cowboys at the George Ranch. Join us as we explore the lasting contributions of the African-American cowboys who worked for the Jones-Ryon-Davis-George family. • George Ranch Historical Park • [georgeranch.org](http://georgeranch.org) • 281-343-0218

**Feb 18 • Playing in the Past** • 10:00am • Step back in time and experience eras gone by with historical dress, tools and activities. A variety of hands-on activities will include making butter, grinding corn, playing games and more. • \$2 supply fee plus admission. • Fort Bend Museum • [fortbendmuseum.org](http://fortbendmuseum.org) • 281-342-6478

**Feb 18 • Family Story Time** • 10:30am • Free • Sienna Branch Library • [fortbend.lib.tx.us](http://fortbend.lib.tx.us) • 281-238-2900





## STOP YELLING Start Connecting

By Dr. Laura Markham

Hard work? The hardest there is, because you have to manage your own emotions. But it's completely possible, no matter how much of a yeller you are.

**Take a public vow of Yellibacy.** Make an accountability chart for your fridge. Your child decides whether you get a sticker each day. Notice you can still guide your child – just respectfully.

**Take care of yourself.** If you're running on empty, how can you regulate your emotions when your child pushes your buttons?

**Set limits.** Set limits before things get out of control while you can still keep your sense of humor. You're only human, so of course you'll yell once you get pushed over the edge.

Remember children will test the limits as they try to figure out how things

work. Your job is to set the limits – kindly, calmly, firmly.

**Stop yelling and start connecting.** You're yelling because you want to change your child's behavior. If you address the need or emotion behind the behavior, you change the behavior. Without raising your voice.

"You're screaming because you wanted to do it yourself? Let's pull over the chair for you to climb up, and you can do it yourself"

"You're so tired of this homework, huh? It can be hard to focus after you've been in school all day. Let's take a break and play for a few minutes, and then you can tackle this."

**Model emotional regulation.** Kids learn emotional regulation from our staying calm and empathic. When we say "You are so mad! But no hitting." to our toddler, he learns that being angry is ok, there's even a word for it, and Mommy understands how he feels.

**Play instead.** Kids pick up on our stress. When we have an edge in our voice, they feel frightened, and move into "fight or flight" which means they start raising their own voices, arguing, or melting down. If, instead, you can respond to minor infractions with a sense of humor and playfulness, kids tend to relax and cooperate. So instead of "I told you to go take your bath right now!" try "I am the robot of the bath...I have come to carry you off to the bathroom" to get your child squealing with laughter and running ahead of you up the stairs.

**Deactivate your buttons.** Your child may be pushing your buttons, but they're YOUR buttons, from your own early experiences. How did your

parents handle your anger? Did you get yelled at? How did it make you feel? Surface those feelings, breathe through them, and let them go.

**When you find yourself yelling, just Stop.** Even if you're in the middle of a sentence. As soon as you notice your voice is raised, shut your mouth. Walk away. Breathe. After awhile, you'll be able to do this before you start yelling.

Remember, your child most needs your love when he least deserves it. If you're angry, don't try to teach your child "a lesson." You won't be teaching the lesson you're aiming for. Wait until you're calm. You'll teach so much more effectively then.

Why not take a vow of yellibacy? Try it for a week. I'm betting you'll see a wonderful change in your family, one that will keep you going long after your experiment ends. In a year, you won't remember the last time you yelled.

*Dr. Laura Markham is the author of Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting. She earned her Ph.D. in Clinical Psychology from Columbia University and has worked as a parenting coach with countless parents across the English-speaking world, both in person and via phone. You can find Dr. Laura online at AhaParenting.com, the website of Aha! Moments for parents of kids from birth through the teen years, where she offers a free daily inspiration email to parents.*

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**Feb 18 • Mighty, Mighty Construction Site Story Time** • 11:00am • Free • Barnes & Noble, West Oaks Village • bn.com • 281-293-8699 • Free • Barnes & Noble, First Colony Mall • bn.com • 281-313-8323

**Feb 18 • Family Movie Day** • 2:00pm • Free • Missouri City Branch Library • fortbend.lib.tx.us • 281-238-2100

**Feb 18 • The Creative Connection--Anime Workshop** • 2:30pm • 4th-8th Grades • Free • Sienna Branch Library • fortbend.lib.tx.us • 281-238-2900

**Feb 18 • The Creative Connection--ChocoFest** • 2:30pm • Participants will take part in activities involving various forms and flavors of chocolate. • Free • University Branch Library • fortbend.lib.tx.us • 281-633-5100

**Feb 19 • Texas Our Texas** • 2:00pm • Stafford Centre, Cash & Murphy Rd • fbso.org

**Feb 20 • Sensory Friendly Day at the Children's Museum of Houston** • 10:00am-2:00pm • Exclusive event for children with Autism Spectrum Disorders (ASD) and sensory processing differences to have a fun, enjoyable and interactive learning experience in a comfortable and accepting environment! • \$5 (free for members) • Children's Museum of Houston • cmhouston.org • 713-522-1138

**Feb 20 • The Price is Right** • 2:00pm • As in the popular game show, contestants will guess the retail prices of items. The contestants whose estimates are closest to the actual price can win a prize. • Free • Sienna Branch Library • fortbend.lib.tx.us • 281-238-2900

**Feb 20 • Middle School Program--Mardi-Gras Mask-Making** • 6:00pm • Free • George Memorial Library • fortbend.lib.tx.us • 281-342-4455

**Feb 21 • Holy Cross Kids Preschool Open Registration Begins** • Holy Cross Kids Preschool • holycrosskids.org • 281-633-2000x108

**Feb 21 • Middle School Program--Game Night** • 6:30pm • Free • Sugar Land Branch Library • fortbend.lib.tx.us • 281-238-2140

**Feb 22 • Afternoon Story Time--Fractured Fairy Tales** • 4:00pm • Free • Sienna Branch Library • fortbend.lib.tx.us • 281-238-2900

**Feb 22 • After-School Break--Mask It Up** • 4:00pm • Using their S.T.E.A.M. skills, children will create their very own masks to wear. • Free • University Branch Library • fortbend.lib.tx.us • 281-633-5100

**Feb 22 • Tween Program--Game Day** • 4:15pm • Free • Sugar Land Branch Library • fortbend.lib.tx.us • 281-238-2140

**Feb 22 • Kinder Korner** • 4:30pm • Free • Cinco Ranch Branch Library • fortbend.lib.tx.us • 281-395-1311

**Feb 22 • The Creative Connection** • 6:00pm • Learn to draw Anime & Manga hairstyles. • Free • George Memorial Library • fortbend.lib.tx.us • 281-342-4455

**Feb 23 • After-School Break--Family Game Day** • 4:00pm • Free • Albert George Branch Library • fortbend.lib.tx.us • 979-793-4270

**Feb 25 • AMC Sensory Friendly Films for Families Affected by Autism** • Rock Dog: Unique movie showings where we turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing! • AMC First Colony 24 • amctheatres.com • 281-277-5858

**Feb 25 • Riverstone Bark for Life** • 9:00am • Canines and their humans are invited to help take a bite out of cancer during Bark for Life. Presented by Lake Olympia Animal Hospital, the noncompetitive will feature canine performances such as the Houston Disc Dogs, a DJ, pup-friendly activities, face painting, food trucks and vendors offering pooch-worthy items. Canine registration is a \$20 suggested donation and proceeds benefit the American Cancer Society. • The Club at Riverstone • relayforlife.org/barkriverstonetx • 281-499-8700

**Feb 25 • 4th Annual Houston Creole Heritage Festival & Mardi Gras Parade & Celebration 2017** • 9:00am-9:00pm • Discovery Green in Downtown Houston • houstoncreolefestival.com

**Feb 25 • Tales of Texas** • 9:00am • Join us to encounter the Texans who provided law and order in the Lone Star State over a 100-year span. Visit with politicians, law enforcement figures and even some of the less-savory individuals who made their mark on Texas. All activities are included with general admission! A special Tales of Texas historic meal will be held at 12:30 p.m. Menu to come soon! Cost for the meal is \$15 for adults ages 13+, \$12 for children ages 5-12 and \$4 for children ages four and under. Reservations for the meal are required. • George Ranch Historical Park • georgeranch.org • 281-343-0218

**Feb 25 • Smile with Style - Children's Dental Health** • 11:00am • Get tips on improving children's dental care. • Free • Sienna Branch Library • fortbend.lib.tx.us • 281-238-2900

**Feb 25 • Happy Birthday, Dr. Seuss! Story Time** • 11:00am • Free • Barnes & Noble, West Oaks Village • bn.com • 281-293-8699 • Barnes & Noble, First Colony Mall • bn.com • 281-313-8323

**Feb 25 • Harvest Green Chef Showcase** • 12:00pm-3:00pm • Harvest Green and local chefs will team up for a display of culinary creativity during the community's Chef Showcase. Multiple area chefs will put their farm-to-table chops to the test, using fresh seasonal produce to create an array of menu items. Guests will be able to purchase tickets entitling them to a fully prepared meal and several small plates. In addition, the event will feature live music, cooking demonstrations, a farmers market, a "kids can cook" tent and farm tours • free admission • Harvest Green Village Farm • harvestgreentexas.com

**Feb 25 • Family Movie Day** • 2:00pm • Free • Sugar Land Branch Library • fortbend.lib.tx.us • 281-238-2140

**Feb 25 • The Creative Connection** • 2:30pm • 4th-8th Grades • Free • Cinco Ranch Branch Library • fortbend.lib.tx.us • 281-395-1311

**Feb 25 • 4th Annual Sugar Gala Father/Daughter Dance** • 6:00pm • \$10 per couple for IPRC members. \$25 per couple for non-members. Each additional young lady is \$5 • Sugar Land Imperial Park Recreation Center • sugarlandtx.gov • 281-275-2885

**Feb 27 • Minecraft Monday** • 4:30pm • Register online. • Free • Cinco Ranch Branch Library • fortbend.lib.tx.us • 281-395-1311

**Feb 28 • After-School Break--Dr. Seuss Hats** • 4:00pm • Free • Sienna Branch Library • fortbend.lib.tx.us • 281-238-2900

## Ongoing

### MONDAY

**Mother Goose Time** • 10:30am • Free • University Branch Library • fortbend.lib.tx.us • 281-633-5100

**Pajama Night Story Time** • 6:30pm • Free • Sienna Branch Library • fortbend.lib.tx.us • 281-238-2900

**Pajama Night Story Time** • 6:30pm • Free • First Colony Branch Library • fortbend.lib.tx.us • 281-238-2800

**Pajama Night Story Time** • 7:00pm • Free • Missouri City Branch Library • fortbend.lib.tx.us • 281-238-2100

### TUESDAY

**Mother Goose Time** • 10:15am • 1-12 months • Free • Sienna Branch Library • fortbend.lib.tx.us • 281-238-2900

**Mother Goose Time** • 10:15am • 1-12 months • Free • Cinco Ranch Branch Library • fortbend.lib.tx.us • 281-395-1311

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

**Toddler Time** • 10:15am • 12-36 months • Free • Missouri City Branch Library • fortbend.lib.tx.us • 281-238-2100

**Mother Goose Time** • 10:15am • 1-12 months • Free • Sugar Land Branch Library • fortbend.lib.tx.us • 281-238-2140

**Toddler Time** • 10:30am • 12-36 months • Free • University Branch Library • fortbend.lib.tx.us • 281-633-5100

**Mother Goose Time** • 11:00am • 1-12 months • Free • First Colony Branch Library • fortbend.lib.tx.us • 281-238-2800

**Stories & Play** • 2:00pm • Free • Cinco Ranch Branch Library • fortbend.lib.tx.us • 281-395-1311

**Kinder Korner** • 4:00pm • Free • University Branch Library • fortbend.lib.tx.us • 281-633-5100

**Pajama Night Story Time** • 7:00pm • Free • University Branch Library • fortbend.lib.tx.us • 281-633-5100





**MOMS** are often stereotyped as being football-illiterate. First down? Red zone? Fullback? But in the spirit of the Super Bowl (aka "Wife-on-Her-Own Day"), here are 16 football terms that have double-meanings in the context of raising kids – meanings that endure well beyond an over-hyped three-hour period on an otherwise useful Sunday afternoon:

**FIRST DOWN!** Parental exclamation after the younger of two siblings goes to sleep.

**RUNNING BACK** What you do five minutes after you've left the house without ample pacifiers.

**HALFTIME** How to settle the issue of getting one free cookie but having two children on the verge of fighting over it.

**GOOD FIELD POSITION** A shady picnic spot in the park far from other children and dog poop.

**RED ZONE** What keeps companies like Desitin and Vaseline in business.

**OFFENSIVE LINE** "Shut up!"

**DEFENSIVE LINE** "But she hit me first!"

**30-SECOND TIME-OUT** When you run out of time to give a full one.

**INSTANT REPLAY** What happens when the first restaurant-menu tic-tac-toe game ends in a tie.

**EXTRA POINT** The benefit of mechanical pencils over typical #2s.

**PASS PROTECTION** In the minivan, when your child tells you the left lane is clear.

**TIGHT END** The part of a child's sock that is hardest to put on.

**ONE-HAND RECEPTION** When you hold a crying kid with one hand and take a call with the other.

**FLEA-FLICKER** The family dog, especially when lounging on your child's bed.

**TURNOVER** The point at which one child's allotted water-fountain period ends and another's begins.

**STRONG SAFETY** The moment at which a parent says "Hold my hand! We're in a parking lot!"

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**Pajama Night Story Time** • 7:00pm • Free • toddlers welcome. • Santikos Palladium AVX • **Preschool Story Time** • 11:15am • Free •  
 • Cinco Ranch Branch Library • fortbend.lib.tx.us • santikos.com • Sugar Land Branch Library • fortbend.lib.tx.us •  
 281-395-1311 • 281-238-2140

## WEDNESDAY

**Preschool Story Time** • 10:00am • Free • George Memorial Library • fortbend.lib.tx.us • 281-342-4455 • **Toddler Time** • 11:30am • Free • Cinco Ranch Branch Library • fortbend.lib.tx.us • 281-395-1311

**Toddler Time** • 10:05am • Free • First Colony Branch Library • fortbend.lib.tx.us • 281-238-2800 • **Pajama Night Story Time** • 6:30pm • Free • George Memorial Library • fortbend.lib.tx.us • 281-342-4455

**Toddler Time** • 10:15am • Free • Cinco Ranch Branch Library • fortbend.lib.tx.us • 281-395-1311 • **Pajama Night Story Time** • 7:00pm • Free • Sugar Land Branch Library • fortbend.lib.tx.us • 281-238-2140

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**Toddler Time** • 10:15am • Free • Sugar Land Branch Library • fortbend.lib.tx.us • 281-238-2140 • **Preschool Story Time** • 10:30am • Free • Missouri City Branch Library • fortbend.lib.tx.us • 281-238-2100

**Toddler Time** • 10:15am • Free • Albert George Branch Library • fortbend.lib.tx.us • 979-793-4270 • **Rise & Shine Family Story Time** • 10:30am • Free • University Branch Library • fortbend.lib.tx.us • 281-633-5100

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# SUPER SMILES!

## KEEP KIDS' TEETH GLEAMING

By Malia Jacobson



If your child is sporting a cavity or two, they're not alone. According to the American Academy of Pediatric Dentistry, tooth decay is the most common chronic childhood disease, far surpassing other childhood ailments: It's four times more common than childhood obesity, five times more common than asthma, and 20 times more common than diabetes. Some children are especially prone to cavities—research in the *Journal of Public Health Dentistry* shows that over 70 percent of childhood cavities are found in 8 percent of children—possibly due to an overbalance of *Streptococcus mutans* bacteria in the mouth. Whether your child is cavity-free or all-too-familiar with fillings, you can help encourage better dental health, starting today. Here's help.

### GOOD BEGINNINGS

#### EARLY YEARS: Ages 0-5

The first tiny teeth generally appear around six months, but parents can begin caring for baby teeth before they even appear. Use a clean, damp washcloth to clean off residual food and milk after feedings and before bed. This helps introduce the idea of and the sensations of tooth brushing, and helps keeps the gums clean and healthy, says Kate Lambert, DDS, of Spangler, Rohlfing & Lambert Pediatric Dentistry in Winston-Salem and Kernersville, North Carolina.

"Babies and toddlers thrive on a fun, simple, and regular routine. It's vital to brush before bed, since that removes all the plaque and food from the day which could increase the risk of cavities during sleep," she says. "I always talk to my families about making it part of the bedtime routine. Bath, book, bottle, brush and bed!" Singing a song or reading a special book while brushing, like *Brush, Brush, Brush!* by Alicia Padron or *Sesame Street Ready Set Brush!* can help little ones who need a little distraction to get the job done.

### BRACE RACE

#### ELEMENTARY YEARS: Ages 6-12

Parents are often surprised to learn that an orthodontic consult is recommended around age seven, and some children are sporting brackets by age eight. Second grade isn't too early for braces, says Kim K. McFarland, DDS, MHSA, of Creighton University School of Dentistry in Omaha, Nebraska, particularly for children with overbites, cross-bites, or other types of jaw misalignment. Early orthodontic treatment is timed to correct these issues early in the child's growth, so that a child's dental arches and teeth will grow more symmetrically during the natural growth spurt that occurs around age 10. Early braces usually mean two sets of braces, the first between ages 8 and 10 and the second around age 12.

This route isn't for everyone; braces necessitate excellent brushing habits (parents of reluctant brushers, take note) and not every family wants to commit to two courses of orthodontic treatment. As an alternative to early braces, McFarland says, parents can ask about less invasive pediatric appliances to help guide growth during these formative elementary years.

### CLEAN SCENE

#### TEEN YEARS: Ages 13-18

The transition to independence can mean more cavities for teens, says Lambert. Over half of teens have had at least one cavity, and 13 percent have untreated decay. But because teens have their permanent teeth—the final baby teeth usually fall out by age 13—good dental hygiene is especially important. "Teenagers have an increased risk for cavities for a number of reasons, including less parental guidance when completing home care, braces which can be more difficult to clean, and more independent diet choices, such as sodas and candy," she notes.

Because teens care about their attractiveness, a gentle reminder about the appeal of fresh breath may motivate more thorough, regular brushing and flossing. Use a dry erase marker on the bathroom mirror to occasionally remind teens to brush and floss; seek out You Tube videos to demonstrate how unhealthy habits like smoking, chewing sugary gum, or sipping soda can impact the way their teeth look and feel for years to come, recommends Lambert. "Teens are smart, so explaining how cavities form in detail can help motivate them to make better choices!"



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# COMMUNICATION FOR LASTING RELATIONSHIPS

by Lara Krupicka



It's no secret that stable, long-term relationships, whether with a spouse, or with children, take a lot of work. But the payoffs are more than worth it. And there are ways of communicating that ensure better, more enjoyable relationships.

## Appreciate

Make a point of noticing when the other person does something you appreciate. Tell them what specific attributes or attitudes or actions you value about them.

## Focus

We live in a highly distracted age. It's not uncommon at a restaurant to see couples glancing at their cell phones, or texting or surfing social media during dinner. But while we're busy keeping up with all of the other people in our lives, we're missing out on connecting with the person in front of us. Putting

away distractions and focusing on the immediate conversation goes a long way to communicating attentiveness - literally and emotionally.

## Listen

Make an effort to be an active listener. Ask questions that probe deeper. Reflect back what you are hearing, including any emotions you sense underneath the words. Allow silence between your comments and questions to encourage the other person to speak up.

## Enjoy

Talk about fun stuff too - not just school (with the kids) or the kids (with your spouse). Connect with them by bringing up topics that interest you both - a tv show you enjoy watching together, or a new fact you learned that they would appreciate.

## When conflict arises:

### Add humor:

Don't be afraid to inject humor to lessen the tension. But try not to direct it at the person with whom you are arguing.

### Avoid being defensive.

Seek to understand the other person's perspective. And refrain from leveling criticisms at others, but instead share concerns rationally, unemotionally.

### Demonstrate affection.

A gentle touch, a kind look, an endearing word, even when you aren't feeling affectionate, can diffuse heated emotions. It's a reminder that you are for each other and not against.

Good relationships are key to a happy life. Communicate well to keep them healthy.

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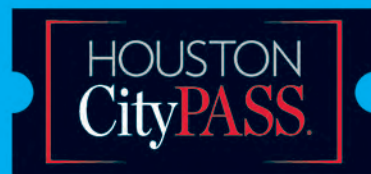
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